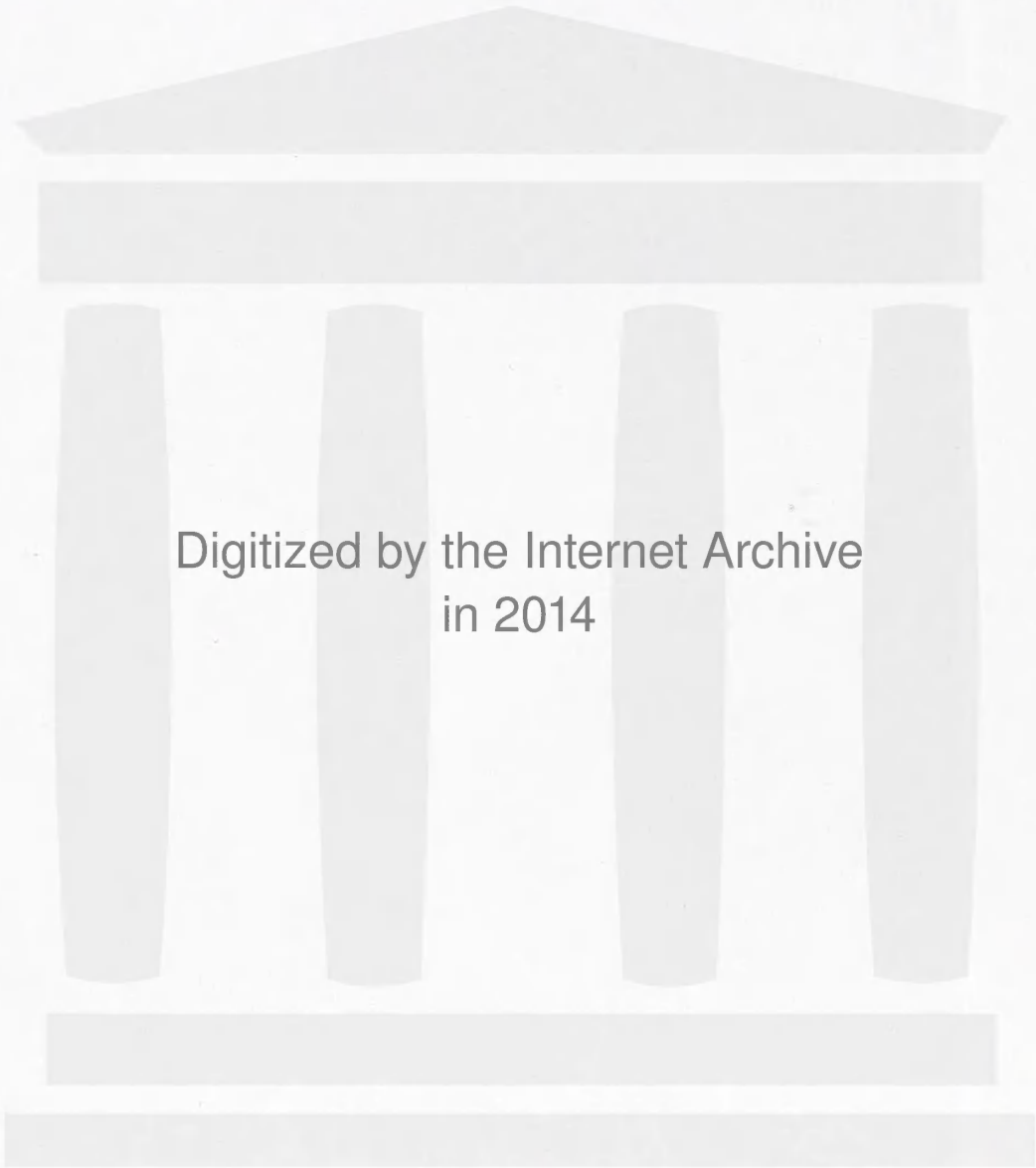

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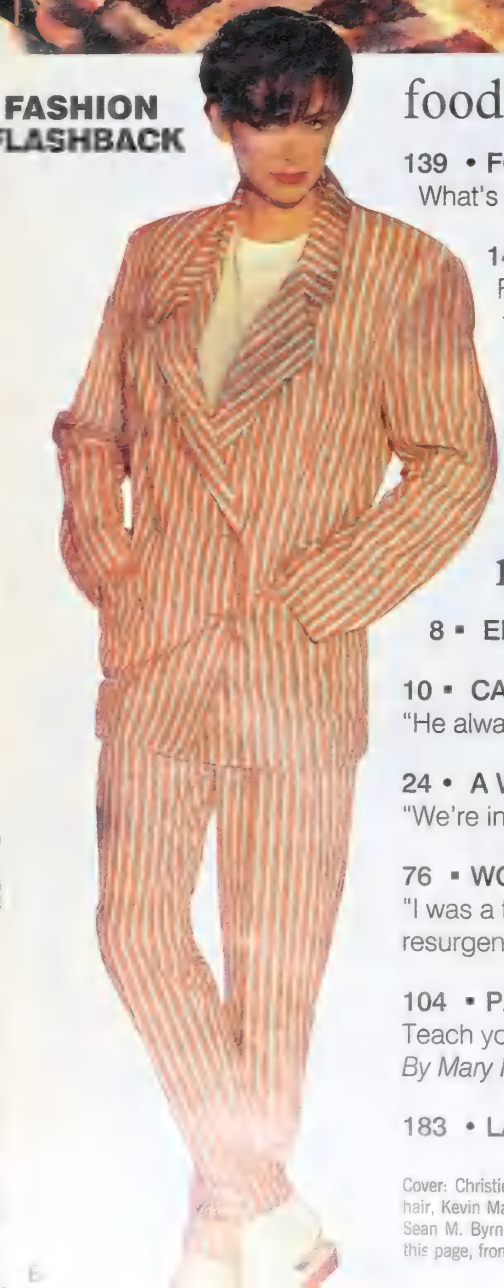
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Cover: Christie Brinkley photographed exclusively for Ladies' Home Journal by Francesco Scavullo; all makeup by Cover Girl; hair, Kevin Mancuso for Pierre Michel, The Plaza; makeup artist, Bobbi Brown for Frederic Fekkai at Bergdorf Goodman; stylist, Sean M. Byrnes; swimsuit, OMO Norma Kamali. Cover insets: Madonna, Jeff Slocomb/Outline; Batman, Warner Bros. Photos, this page, from top: Rita Maas, J. Hill.

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Sweet memories



Gloria Hoover, founding director of the Granville Life-Style Museum, in Granville, Ohio, recently sent me a sample of rose potpourri that is kept in an Oriental rose jar at the museum. The late Oese Robinson, whose former home is now the museum, made the potpourri from a 1929 *Ladies' Home Journal* recipe, and the scent was supposed to last fifty years. Well, the sample Gloria sent me was still sweetly fragrant, so I thought I would share a version of this classic potpourri recipe with you. **What you'll need:** a two-quart glass or glazed jar; rose geranium, lavender and rosemary oils; glycerine; rubbing alcohol; ground cloves; ground cinnamon; 1 oz. powdered tonka bean (available from potpourri suppliers); 2 oz. ground orris; attar of roses (may substitute rose oil); dried rose petals and leaves (to dry, pull from roses; place in sun for twenty-four hours). **Day one:** In jar, put 5 drops rose geranium oil and 1 drop glycerine, coating bottom. Add petals till 1/4 full. Seal jar twenty-four hours. **Days two and three:** Add 1 cup petals/leaves. Cover jar; shake and let stand. **Day four:** Add 3 drops rose geranium oil and 1 tsp. rubbing alcohol. Cover, shake and let stand. **Day eight:** Add petals and leaves till 3/4 full. Add 1 tsp. rubbing alcohol, 3 drops rose geranium oil. Put on lid; shake well. Turn upside down. **Day nine:** Add petals/leaves to fill jar almost to top (when petals settle and dry completely, jar should be only half full, leaving room to stir contents). Add 1 tsp. *each* cloves and cinnamon. Shake jar; leave lid off overnight. **Day ten:** Empty the jar. To jar add 1 drop glycerine, 3 drops attar of roses. Return contents to jar. Add 1 tsp. rubbing alcohol, 6 drops *each* oil of lavender and rosemary, 1 oz. tonka bean, 2 oz. orris. Cover jar; after three days, stir contents. Repeat stirring every three days for one month.



Enjoy July, and I hope you'll smell the roses for the next fifty years.

Myrna Blyth

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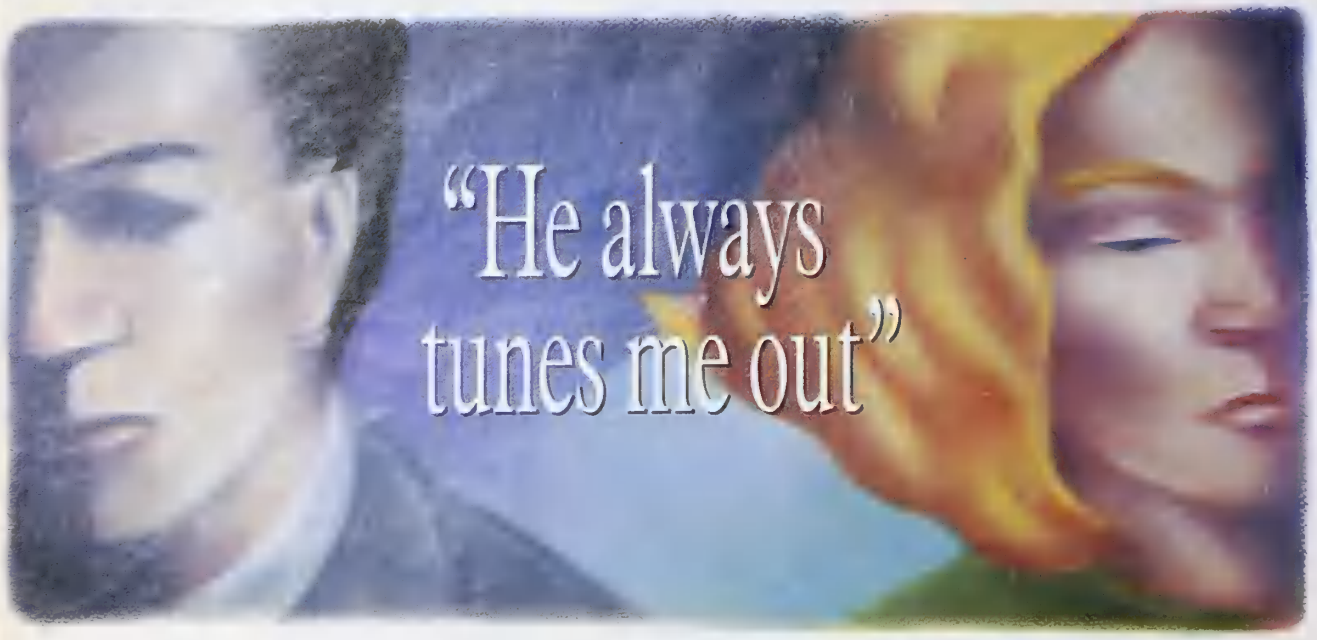
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"He always tunes me out"

BY MARGERY D. ROSEN

BARBARA'S TURN "I don't even know where to begin," said Barbara, thirty-four, a short, dark-haired woman in a pink jogging suit. "Howie has things worked out just the way he wants them, with no thought to my wants or my needs.

"I thought we were going to have the perfect marriage. Howie and I were best friends for two years before we became lovers. From the first day we met—I rented an apartment in the building that Howie manages—I felt I'd been waiting my whole life for this man.

"But we've been married four years now, and Howie has taken a one-hundred-eighty-degree turn. There are no more jogs in the park or breakfasts out. No romantic dinners. Howie used to take the initiative. Now all he does is stay home and watch a baseball game or read some esoteric German philosopher.

"So we lead separate lives. We have no family life—and he doesn't seem to care. The more I explain that he's just not there for me and our daughter—Callie is thirteen months old—the more he withdraws.

"Some days I can't bear to get up in the morning. I go to the office—I'm a personnel director at a computer company, but I've worked only three days a week since Callie was born. I race home from the office to watch Callie so Howie can work. We both decided when I got pregnant that we didn't want to hire a baby-sitter, so he's been Mr. Mom for the past year. Since Howie works at home—he also has a carpentry business and does fine cabinetry—we thought that would work.

"When I get home, I barely have time to change my clothes before I'm on duty until Callie goes to bed. By then, I'm catatonic. I have no energy left to talk to my friends anymore.

"Another reason I've lost touch is that no one seems to be good enough for Howie. He used to be gracious about doing things with my friends and family. But now he calls my friends boring airheads.

"Weekends are worse. I feel like a single mom. Howie says this is the only time he can get any work done, so I'm in the park all by myself, pushing Callie on the swings. I see all these moms and dads together, and my heart breaks. What kind of life is this? We never make love anymore either. *(continued on page 16)*

THIS MONTH'S CASE IS FROM INTERVIEWS AND INFORMATION FROM THE FILES OF SONYA RHODES, PH.D., A COUPLES AND FAMILY THERAPIST IN NEW YORK CITY. THE STORY IS TRUE, THOUGH NAMES AND OTHER DETAILS HAVE BEEN CHANGED TO CONCEAL IDENTITIES.

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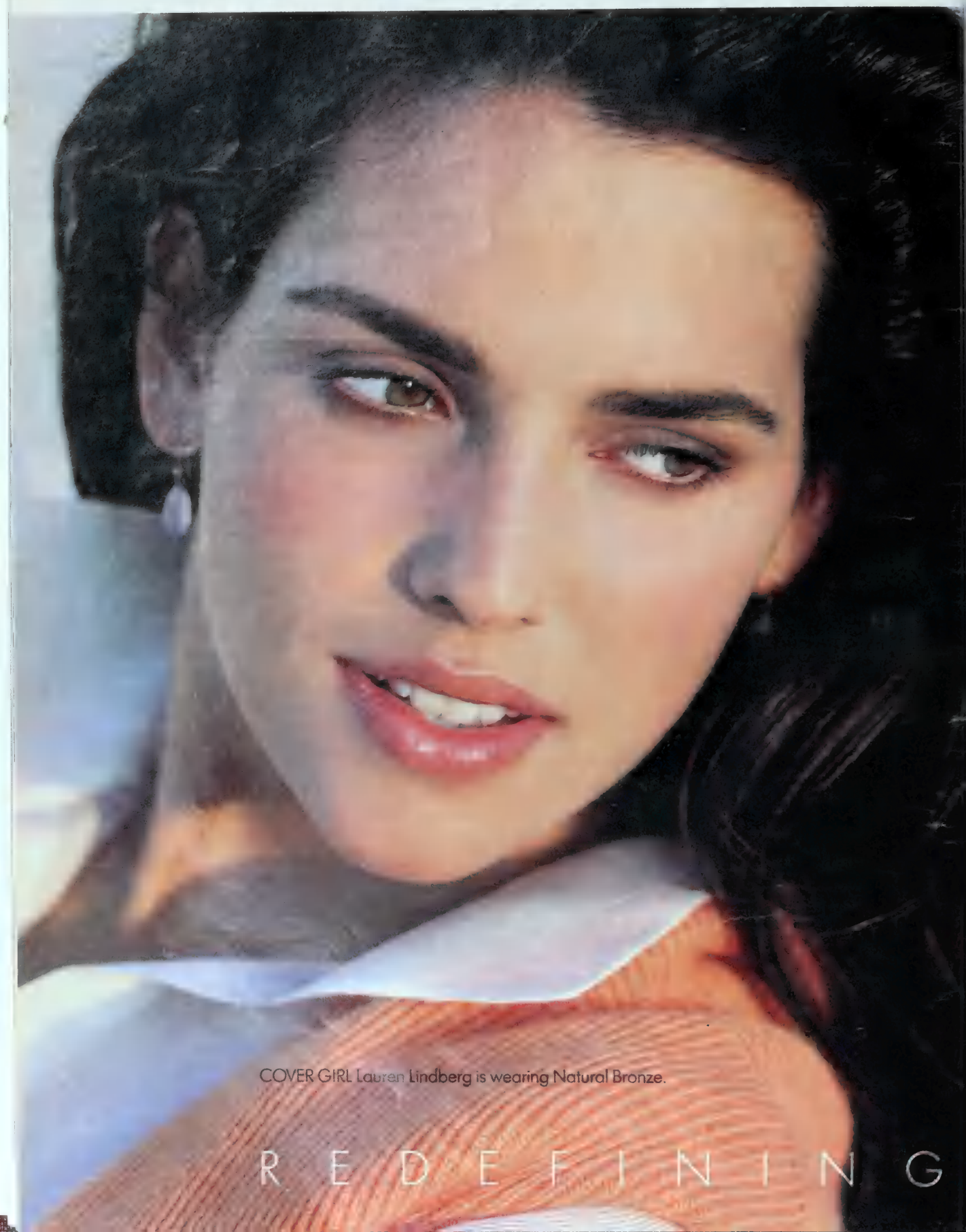
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Can this marriage be saved?

continued from page 10

Howie literally pushes me away.

"And he feels totally put upon if I ask him to do anything. Everything with him is a big deal. My mother was coming for a visit last month, and I asked him to install a simple window fan in the bedroom so she'd be comfortable. He never did.

"Then he gets on me about spending money. Howie's needs are maybe four new T-shirts every year, so compared with that, naturally my needs seem excessive. Well, I'm the one who's working. Don't I have a right to buy my daughter something if I want to? I don't buy anything for myself. I buy toys, for heaven's sake, or something for the house. Recently, we had a huge fight because I bought a lamp for the bedroom. I'm tired of living with hand-me-downs from our parents. But when I explain that, he gives me a dirty look, arches one eyebrow and walks out of the room. Or he explodes, just like my father. I could never deal with Dad's outbursts; they seemed so illogical, just like Howie's do.

"I'm the youngest of three. It was a pretty average home. My dad was a manager at a paper-processing plant, and my mother was a stay-at-home mom until I was in college, when she went back to work at a gift shop.

"Everyone in my house was sort of closed off. I remember having dinner at a friend's house when I was in junior high, and it was a revelation to discover that people actually talked to each other at the dinner table.

"I thought that if I did well in school, Mom and Dad would be pleased, but even though I got good grades, they didn't seem to notice. I was a cheerleader and was active at the local Y, where there was a great program for teenagers. I'd often spend the night at a friend's house; I loved chatting with someone else's mother; I could never talk to my own parents.

"I couldn't wait to go to college to get away. I attended a small Midwestern church-affiliated school that had offered me a scholarship. After graduation, I lived at home until I found an entry-level job as a secretary. Finally, I had enough money to rent an apartment—which brings me to how I met Howie.

"Howie's parents, who are wealthy, bought this small, run-down apartment house for Howie to fix up, manage and live in rent-free. That was very generous, but I think they did it because they were afraid their son would never be able to support himself. Anyway, I rented an apartment in Howie's building, and we quickly became friends. After about two years, we realized that our relationship was shifting. We were married a few months later.

"At first, Howie was really tuned in to what I needed. Now he's living on another planet. Recently, I'd been out shopping all day with Callie. I came in loaded down with bags. I desperately wanted Howie to take the baby, give her a snack and help me put away the groceries. Anybody could see I was wiped out. But not my husband. He strolls into the kitchen, says hi, gets a soda and goes back to his workshop.

"On top of that, when I get home from the office, so excited to see my daughter, she runs to her daddy. I think Howie encourages that, too. We've been having riproaring fights all the time. Both of us have terrible tempers, and we dig in our heels. In the past, if a relationship didn't work out, I always thought it was my fault. This time, I know it's not."

HOWIE'S TURN "I married my mother," said Howie, thirty-five, a sandy-haired man in a work shirt and frayed jeans. "We used to call my mother the little general. Well, Barbara has turned into such a critical, overbearing person, I often get this déjà-vu feeling: I'm twelve years old again, and my mother is shouting orders. My philosophy then was—and still is—to keep out of sight.

"I'm from St. Louis. My family still lives there, and they can't understand why I don't. Mother always complained that my father wasn't involved enough in the family; she wanted him to be the boss, to help her manage all of us. My father would give anything for me to come home and join him in his business. He owns a commercial real estate firm, and both of my younger brothers are now full partners. They all have these huge homes and fancy cars. That's not who I am.

"I resent the implication that I'm a freeloader in this relationship," says Howie.



"My parents always seemed to find time for the things they wanted me to do, but never for what I wanted. When I was eleven, I lived and breathed baseball. My team was heading for the championships, but it was always an ordeal for my parents to take me to practice. Mother made me feel guilty for even asking. I missed so many games that I had to quit the team.

"I'd spend hours reading in my room or puttering in my workshop—my father did buy me some equipment most kids would kill for. Throughout high school, I had a sense that nothing I did got a response from my parents—positive or negative.

"After high school, I went to the University of Illinois, and as soon as I graduated, I headed for New York. I didn't know anyone there or what I wanted to do; I just had to get as far away from Missouri as I could. I did odd jobs, tending bar, working in a hardware store. When my father realized I was never going to come home, he bought this building for me to manage.

"That's how I met Barbara. I wanted to go out with her the minute I saw her, but she can close off and look very aloof, so I figured she was involved with someone. But after she rented one of my apartments, we became friends and then obviously more.

"Barbara thinks the relationship has changed dramatically from the way it was when we were dating. I don't think it's all that different. Maybe I do want to stay home. What's the point of going out for the sake of going out?

"As far as socializing with her friends, well, unless I can really feel I'm learning something from people, I see no point in having a relationship. I'm not interested in neurotic, superficial people.

"Okay, so maybe I don't have an office job like Barb does, but I resent her implication that I'm a freeloader in this relationship. I manage the building where we live, renovate all the apartments, paint them when necessary, collect the rent and do whatever maintenance work a superintendent in an apartment building does. I don't think Barb has the slightest idea how much effort that takes.

"Plus, I'm trying to establish myself as a master carpenter. I love the creative effort involved in choosing the wood, designing a piece that is aesthetically beautiful yet functional, too. Right now my work is my focus. Finally, it all seems to be coming together. Yet I sacrifice three workdays a week to care for Callie. The problem is, I need structured time to finish a piece of furniture. I need more than just a half hour here or there.

"Barb doesn't appreciate what I do or what I need to do it. She'll barge into the workshop and say a fan needs to be installed or the air conditioners have to be cleaned. If I don't drop everything right that minute, I'm screwing up.

"Then there are the times when I'm supposed to have these supernatural powers to read her mind. The other day with the groceries is typical. I didn't realize she wanted me to help. I came in to say hi and I got my head blown off.

"I also don't like being told that I'm rejecting her in bed. She's the one who doesn't want to make love. You can tell when someone is just going through the motions.

"But I adore my daughter; I'm a terrific father, and Callie and I have a special relationship. Barb is jealous. When she comes home, if Callie doesn't rush into her arms, Barb thinks she's being rejected. Of course Callie loves her. But she's only thirteen months *(continued on page 2.*



Gown: Byron Lars. Jewelry: Stuart Freeman. Gloves: La Crasia.

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"It's so effective"

No other nonprescription gel works better. Ounce for ounce, CONCEPTROL delivers more nonoxynol-9—the spermicide doctors recommend most—than any other contraceptive gel.

"It's so safe"

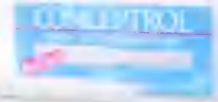
There's nothing to alter your body's natural balance. No hormones make it an ideal choice for new mothers. It is also ideal for women who are unable to use the pill or who decide not to use the pill.

CONCEPTROL™

CONTRACEPTIVE GEL

Easy. Effective. And Safe.

Also available as contraceptive inserts.



ORTHO

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Can this marriage be saved?

continued from page 16

old. It's only natural that since she's spent the day with m she'd take a little time to warm up to Barb.

"As far as the weekends go, what can I say? I don't love goi to the playground. I go there with the baby during the wee and the weekends are two days when I can grab some uninte rupted work time.

"Money is a real issue for us. The furniture we have is ju fine. In fact, I think Barbara spends entirely too much on thin we don't need. Callie's playroom looks like Toys 'R Us.

"Look, I'm here because Barbara insisted. And though know you're not supposed to take sides, I'm sure you're going label me the bad guy in all this."

THE COUNSELOR'S TURN "I've never se a client as angry as Barbara was," said the counselor. "At o first session, she shouted nonstop, berating Howie for not ca ing and not being involved. She believed that Howie had set u their life exactly the way he wanted it and that she was t drone who shouldered most of the financial and household r sponsibilities. As she saw it, her options were few.

"Howie couldn't figure out what was going on. From his poi of view, he was giving much to the relationship. It was essenti for Barbara and Howie to understand why the other reacted t way they did. I believed that once Barbara understood that How withdrew because he was frustrated and not because he didn love her, she'd feel less alone and more eager to find constructi ways of working together. In turn, if Howie could become awa of when and why he was ignoring her, he'd be able to change. F this marriage to work, both of them needed to negotiate solutio instead of ignoring the other person or screaming.

"One of the most important things I did for Barbara an Howie was to provide them with an impartial sounding boar They are both intelligent people who really do love each othe but they were so burdened by the responsibilities of parenthoo that they were unable to think clearly.

"A vivacious, strong-willed woman, Barbara grew up in a hom where nothing she did seemed to have *(continued on page 16*

Skill builders

Ending the mind-reader syndrome

Like many couples, Howie and Barbara assume they knew what their partner was thinking; unfortu nately, many of their assumptions were wrong. T break the cycle of misinterpretation, counselor coach people in "reflective listening." To do this you and your partner take turns being the sharer information and being the listener. The sharer ha ten minutes to speak freely about anything (initiall couples should try to avoid volatile subjects). Th listener cannot interrupt, judge or rush in with comment. After ten minutes—use a kitchen timer you need to—he must recap not only what the shar er said but also the feeling behind those words This way, the sharer knows that her feelings an thoughts were heard and valued. Then, switc roles. In time, this exercise should help both of yo communicate more accurately and intimately.

PRINCETON GALLERY



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"We're in the money!"

SINCE WE WON $26 MILLION IN THE CALIFORNIA LOTTERY LAST FALL, WE'VE MADE MANY OF OUR DREAMS COME TRUE—AND ADDED JUST A FEW HEADACHES

BY SCHERRIE GAGLIARDI

Last October 12 was our lucky day—though it didn't seem that way at the time. Our family had just gone through four rough months: My husband, Frank, a truck owner and operator for a transit company, had had his tractor-trailer stolen in July. It was eventually recovered, but the days lost from work and the cost of repairing the stripped vehicle added up. My salary as an at-home sales representative for a moving



company helped, but we had depleted our savings and wondered how long we'd be able to keep up with the bills. To top it off, our second child was due any day.

Little did we know that our financial problems would soon be a thing of the past.

As we came home that night from a friend's wedding, Frank tried to lighten my worried mood by joking, "Don't worry, Scherrie. We'll win the lottery tonight, and everything will be okay."

I'd heard that one before. When Frank was home—about two weeks out of every month—he'd buy ten California lottery tickets, choosing the six numbers for five of the tickets and letting the computer select the rest. This particular week, the jackpot had risen to $26.6 million. Frank's more of a dreamer than I am, and he always talked about what we could do if we won: the places we'd visit, the timesaving inventions he'd create. I never believed we could win, though—not with twenty-three-million-to-one odds against us.

The next day, a Sunday, began badly. Frank and I had a fight, so that afternoon I took our two-year-old son, Nick, and drove to the park to cool off. While I was gone, Frank checked his lottery tickets against the announcement in our local newspaper. To his amazement, one of the tickets matched!

When I returned two hours later, Frank rushed to meet me in the garage, nearly hysterical. "We're millionaires!" he screamed. Still annoyed with him, I said, "Yeah, right." But he insisted it was true and showed me the ticket and the newspaper. I sat there, numb, for a few minutes, letting it all sink in. For a while, I was more nervous than gleeful; it was just too good to be true!

But we wanted more proof. I called my parents, who live in northern California, to see whether their paper listed the same numbers. My father said, laughing, "Isn't your town big enough to have a newspaper?" He stopped laughing—and started celebrating—when he looked at his paper and confirmed the match.

Then we went back to the store where Frank had bought the tickets; it was there that the clerk verified the information and told us that we were the only first-prize winners. We asked her to keep it quiet until the news was made official.

It was really hard not to tell the rest of the world. We told our families and a few close friends, all of whom were just as excited as we were. *(continued on page 33)*





FICTION

F BALANCED



"When I sho got
two choic hat's dry,
or skin th a filmy."

Soap that leaves you **dry** or **filmy?**
That idea is **all washed up.**

Everyone knows that **Aloe** and **Vitamin E** are nature's own moisturizers. That's why they've been added to Jergens® Skin Conditioning Bars to perform the perfect balancing act in your shower. They

Jergens

SCIE

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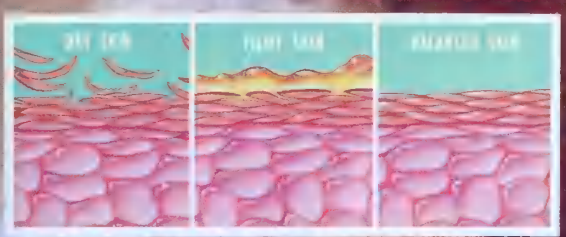
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SCIENCE OF BALANCED



Now there's a special cleansing system with unique formulas of non-drying, non-greasy Aloe and Vitamin E. They provide your skin with a balanced clean, so when you shower it's left clean, soft and residue-free.

Soap that leaves you **dry** or **filmy?**

That idea is all washed up.

Everyone knows that **Aloe** and **Vitamin E** are nature's own moisturizers. That's why they've been added to Jergens® Skin Conditioning Bars to perform the perfect balancing act in your shower. They

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SCIENCE OF JERGENS®

SCIENCE OF INNER HEALING™

With patented "ISCE," all our lotions heal from the inside out.



SCIENCE OF COMPLETE CLEAN

With special formulas, our soaps go beyond clean to balance, moisturize and take care of your skin



At Jergens, everything we do begins with the science of understanding your skin. And we know that the first step towards beautiful skin is skin that's clean and healthy-looking. That's why all of our products look at the science beneath the beauty.

SCIENCE OF SMELLING CLEAN™

With patented technology, Jergens® AntiBacterial Plus™ Liquid Soap kills germs and tough odors.



SCIENCE OF BATHING THERAPY™

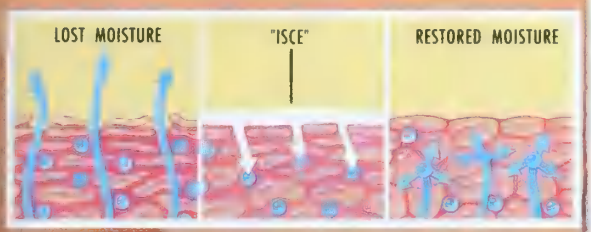
With ActiBath®, you can experience the patented therapeutic power of bathing in carbonated water.



Jergens®

SCIENCE YOU CAN TOUCH

SCIENCE FICTION





To stay healthy-looking, your skin needs to constantly replenish moisture from within. Now, with the discovery of "ISCE," there's advanced therapy to help restore that moisture and heal dryness at the source.

WHAT'S YOUR SKIN TYPE?

Everyone's skin has special needs...that's why yours needs the Jergens Science of Inner Healing. Thanks to ISCE– a pure form of your skin's own natural moisturizing lipids – all four formulations of Jergens® Advanced Therapy Lotions go beneath your skin where dryness starts, and heal from the inside out.

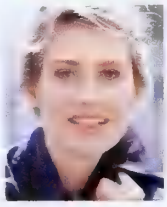
VITAMIN E & LANOLIN



"Help! My tight, itchy skin is driving me crazy."

You need the smoothing, soothing effects of natural vitamin E, which helps to optimize the moisture level in your skin and keep it feeling healthy.

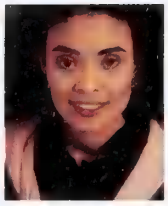
ALOE & LANOLIN



"Shaving my legs makes them dry and flaky. I want them to be smooth and silky."

You need the legendary effects of natural aloe, which not only moisturizes, but absorbs quickly to help speed the healing of damaged skin.

EXTRA DRY SKIN TREATMENT



"My hands, heels and elbows feel more like sandpaper than skin."

You need the immediate relief you get from the serious healing ingredients found in this special formula—effective enough for the most severe conditions.

EVERSOFT®



"My hands are constantly in water. How can I prevent them from drowning?"

You need the patented combination of concentrated ingredients found only in Eversoft, which provides long lasting protection against dryness even through a handwashing.

ORIGINAL SCENT



"My skin was smooth and healthy when I was a bride. Now that I'm a grandma, I want to keep it looking that way."

You need to continuously replenish moisture from deep within, while treating your skin to the light, non-greasy formula with the classic Jergens fragrance.



Jergens

SCIENCE YOU CAN TOUCH

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ntinued from page 24

ıen we called a relative who is ɑn attor-
y. He told us that since the store clerk
ıew about our win—and passersby
ight also have heard and spread the
ɔrd—it would be wise to lie low until we
uld contact the lottery office, which was
ɔsed for the Columbus Day weekend.

"Put your ticket in a safety-deposit box
d check into the Doubletree Inn [the
ggest hotel in town] for a couple of
ys," the lawyer advised. We did, enjoy-
g every minute of our secret. When we
ard on the news that the jackpot winner
d not yet been identified, we giggled
e schoolkids.

After we checked out of the hotel on
ıesday, we drove to the regional lottery
ice in Riverside to verify our win and
ıke ɑrrangements to receive the first of
enty checks for $1.33 million (pre-tax).
ıey pulled the records from the ma-
ine in the convenience store and
ecked them against the code number on
r ticket. I've never met a nicer group of
ɔple. They answered our questions and
ɔvided a handbook that gave informa-
ɔn on tax liabilities, publicity, invest-
ents and the ways in which ɑ lottery win
ɔ help—and hurt—relationships with
ends and family.

Frank and I held a press conference
ɑt day, reasoning that by coming for-
rd now, we'd get it over with and keep
e reporters from hounding us. As the
nners of what was then the fourth-
gest state prize ever (now the fifth), we
d get our share of press. Still reeling
m our sudden good fortune, we made
r first major decision: to quit our jobs.
though we both enjoyed our work, we
eded the time off to make our plans—
d act on our dreams. Frank quit on the
ɔt and gave his truck to his brother,
o's also a driver. I told my employer I
uld stay on for four months to clear up
accounts.

We wouldn't receive our first check un-
November, but the lottery officials as-
red us that if we wanted to buy
ɣthing, our ticket receipt would give us
te blanche. A week after the win, we
d, "Let's try it out." At a car dealer-
p, Frank fell in love with a white
ercedes 500SEL. Sure enough, the
espeople readily accepted the receipt
proof, and we wrote a postdated check
$100,000.

As if all this weren't exciting enough,
re was still our new baby—then a week
erdue—to think of. My water finally
ɔke on October 27; when twenty-four
ɑrs passed without any progress, my
ctor decided to induce labor. Angelo,
healthy "million-dollar baby," was
best prize of all.

After I came home from the hospital,
calmed down and made short- and



long-term plans before the first check arrived. Since neither one of us was used to making major financial decisions, we had to get our act together. Through our family and business associates, we found reputable attorneys, insurance experts and financial advisers.

On their recommendation, we put one third of the money into low-risk, high-yield bonds and mutual funds. Later on, we may decide to make more diverse investments. We took out liability and life-insurance policies; we made out our wills and established trusts.

Then came the fun part: We paid off our bills and gave money to our parents, Frank's grandmother, and our brothers and sisters. We want to help them reach their individual dreams, too.

It wasn't until after Christmas that we really began splurging on ourselves. (I'd already bought all my holiday gifts, because I knew I wouldn't have the time to shop with ɑ new baby in the house.) We bought our second car—a replica of a 1935 Auburn speedster—a diamond ring for me, a new stereo system, a bedroom set for ourselves and ɑ dresser set for the children. In January, we took a week-long trip to Hawaii.

Then we took our biggest step: building ɑ new home. I've always wanted to move closer to my parents but never thought we'd be able to do it so soon. In February, we leased our house and rented one in northern California, where we're staying until we find a good piece of land to build on. We don't want a mansion; just a comfortable place in ɑ neighborhood close to schools, with ɑ big garage and plenty of room for the boys to play.

Travel is another priority, though we'll probably do more of that when our sons are older. Frank wants to visit Japan, where he was born; we'd also like to see Europe, Australia, international ski and fishing resorts, and take the boys on a tour of the U.S.

The best part of becoming a millionaire is being able to pursue personal goals that once seemed out of reach. Frank would like to help design and build our new home, and open a Harley-Davidson motorcycle shop. Then there are the inventions he has always talked about; he's always thinking of ways to do daily chores more efficiently. Now he can spend his time doing something he truly loves, without having to worry about whether it's profitable.

I don't have any big ambitions at the moment. I'll be busy enough raising Nick and Angelo until they're in school, so the next five years will be devoted largely to parenting. I do want to finish my college degree, possibly studying business to become more knowledgeable about money matters. Maybe I'll *(continued on page 174)*

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100's: 2 mg "tar" [illegible] mg
nicotine av. per cigarette by FTC method.



Discover a new way to smoke at the lowest levels of tar and nicotine. New Merit Ultima.™ Only 1 mg tar. But with a smooth, easy draw and a super light taste you'll like.

THE ULTIMATE LOWEST FROM MERIT.

TRY

MERIT ULTIMA™

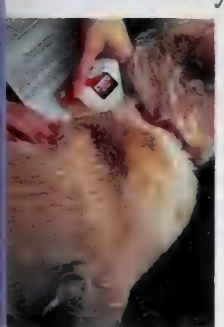
SURPRISING FLAVOR AT 1 MG. NOT SURPRISINGLY, FROM MERIT.


SAFETY LENS

You Can Dip Your Dog For Fleas And Ticks. Or You Can Use A Squirt Of New Defend.

Dipping a dog can be a traumatic experience. The mess and the smell is bad enough. But the worst part is, you know it makes your dog miserable.

That's why we created new Defend™ EXspot® insecticide for dogs. You apply it in seconds, and yet it's as effective as the leading dip.



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One application of Defend provides your dog with up to four weeks of flea and tick protection. It spreads over your dog's skin and hair coat, providing protection in a matter of hours.

Defend will revolutionize the way you treat your dog for fleas and ticks. But don't take our word for it. Ask your veterinarian.



Defend. It'll change your life. And your dog's.

It Works Like Nothing Else.

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BAIN SOLEIL
SPORT LOTION
When you're out in the sun all day, you have better things to do than worry about re-applying sunscreen every 80 minutes (which is how long other sunscreens may last). Sport Lotion not only gives you six hours of waterproof protection, it's sweat-proof. Non-greasy. And it comes in an SPF right for you.
Bain de Soleil Sport. It stays on as long as you stay out.
IT WON'T WEAR OUT UNTIL YOU RUN OUT OF SUN.
BAIN SOLEIL
THE INTELLIGENT TAN.
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The best black bras, tracking the shoe trends, and more

Down to basics

A SEXY BLACK BRA IS A WARDROBE ESSENTIAL THAT ADDS A SHOT OF INSTANT GLAMOUR TO YOUR EVERYDAY CLOTHES (EVEN IF YOU'RE THE ONLY ONE WHO KNOWS!). BELOW, WE CHOSE SIX OF THE BEST UNDER $25—ALL WON RAVE REVIEWS FROM OUR TESTER, AN AVERAGE SIZE 34 B, WHO CHECKED OUT A SLEW FOR COMFORT, COVERAGE, SUPPORT AND EYE APPEAL







● *A very pretty everyday bra that looks more expensive than it is because of the delicate scallop styling. The Olga has an underwire, a sturdy front panel separating the cups, a wide back and widely spaced straps to provide good support for a fuller bosom. Smooth enough to wear under form-fitting knits.* ● *Warner's lightweight, stretch-cotton underwire bra combines T-shirt–like comfort with an elegant lacy look. Not enough support for a full bosom, the lacy inset is just for show. We love the fact that it's made of stretch cotton—the most comfortable fabric on the steamiest days.* ● *The tailored tuxedo look of this bra by Maidenform is terrific—it's a great basic that looks luxe. The smooth design and opaque fabric make it perfect to wear under anything, even sheers. Stretch-cotton cups make it super-comfortable.*







● *Very lacy, very sexy! The wide, square neckline and wide-set straps of this Lily of France are flattering for everyone. Perfect under an easy silk shirt when you want to feel seductive. Underwire cups provide support without a lot of coverage. A great price for a very European style.* ● *This great-looking full-coverage bra from the La Tulipe collection by Vanity Fair Lingerie is perfect for a more rounded bosom. Wide lace straps, lacy side panels and a semi-opaque fabric make this bra both functional and sexy. The lace is dense but smooth, so you can wear this bra under sheers or close-to-the-body clothes. The lacy triangular inset between the cups helps tip breasts toward the center, so your breasts appear fuller in the middle, not at the sides.* ● *Christian Dior's show-off bra is all lace, with an underwire, low armholes and a demi-bra fit. We love the look, but if your breasts are large, the bra becomes more of a lightweight push-up, not great for everyday wear.*

Trend report

What's in step for hose and shoes



Fishnets: *Sexy or slutty?*

The newest trend in hosiery right now is fishnets. Yes, fishnets. They've been reinvented for the nineties, so they're attractive, not tacky. But you still have to be careful how you wear them

DON'T opt for fishnets with wide, open netting. These are the kind you remember from old B movies, and they're on the market along with the new fishnets. They're theatrical, even tarty, and uncomfortably scratchy.

DO buy the new fishnets—nylon/spandex blends with a delicate, meshlike web for no skin show-through. They're like a lightweight version of opaque hose; they don't bag at the knees, and they're very comfortable.

DON'T go for fishnets in bright colors or with back seams—they're cheap-looking.

DO wear them with tailored loafers, slingbacks, low pumps and flats. Tone hose to shoes.

DON'T wear fishnets with very high heels.

DO try them in classic neutral shades of peanut, taupe, eggshell and ivory. Black and navy will work, too, if you have a lot of dark colors in your summer wardrobe. The great thing about wearing light-colored fishnets is that they offer the summery paleness of sheers; and because they're lightweight net, they let skin breathe.

DON'T pair fishnets with dressy clothing—no dresses or delicate, silky fabrics.

DO team fishnets with sporty styles—tailored, classic short skirts, city shorts.

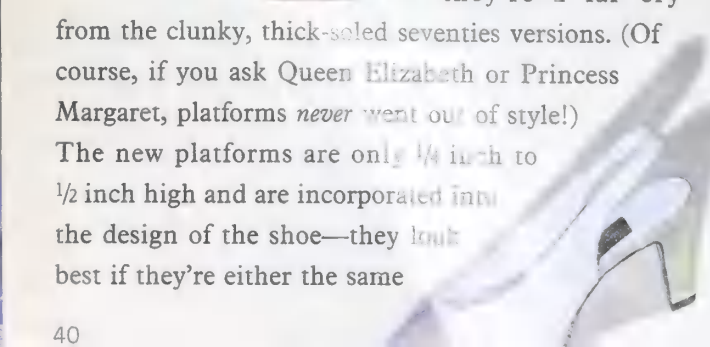
Look for fishnets from: **Calvin Klein** A lightweight, supersoft, fine-textured mesh. We love them in ivory (an eggshell) and natural (a warm taupe); **Hanes** These have a soft, tightly woven net of tiny diamonds with a nearly invisible mesh. The peanut shade is a golden beige, a perfect neutral for summer; **DKNY** A small, soft web of fine mesh (though not as small as the Hanes). These come in an ideal range of neutrals like navy, ecru, shell (a soft peach), maize (a dark nude) and eucalyptus (a burlap green).



A STEP UP



Believe it or not, platforms are back. But, thank goodness, they're a far cry from the clunky, thick-soled seventies versions. (Of course, if you ask Queen Elizabeth or Princess Margaret, platforms *never* went out of style!) The new platforms are only ¼ inch to ½ inch high and are incorporated into the design of the shoe—they look best if they're either the same color as the shoe or a neutral contrasting color. According to Stuart Weitzman, president of and designer for Stuart Weitzman and Company, "The new platform is available on classic pumps, slings and cap-toe shoes, and they give the shoes a modified forties look." They look great with shirtdresses and pantsuits—all the styles we feature on pages 123–127. Look for platforms from Stuart Weitzman, Sam & Libby, Donna Karan, Robert Clergerie, and Ralph Lauren.




The best ads for Dove are the women who use it.
Lauren Chase
Costa Mesa, California
25 Years of Dove
Dove
Dove
Dove® contains 1/4 moisturizing cream.
It won't dry your face like soap.



GETTING FRAMED

WHAT'S THE HOTTEST STYLE IN SUNGLASSES, AND WHAT SHOULD YOU LOOK FOR WHEN CHOOSING A NEW PAIR? WE ASKED THE EXPERTS AND GOT SOME EYE-OPENING ANSWERS

According to Rick Morgenthal, owner of Morgenthal-Frederics Opticians, in New York City, "A strong, bold look is in now. The frame size is bigger and broader at the temples. Frames are beginning to wrap again, which gives an added sun guard at the sides. Black and tortoise are popular—especially a new tortoise-aqua—but a stonelike texture is coming on strong, too." Clif Browner, senior executive vice-president of marketing at Riviera Sunglasses, loves "classic movie-star frames—the oversize sunglasses favored by celebrities—that can be found in a variety of shapes and colors." He recommends Riviera's Bombé glasses, a traditional cat's-eye shape but with wider frames that are available in tortoise, black and "Hollywood" white.

Choosing the perfect frame for you

According to Barbara McReynolds, co-owner of L.A. Eyeworks, you should never choose glasses based on your face shape—this is an outdated method that started in the fifties, when the frame selection was limited. Rather, treat sunglasses as an accessory and choose something that suits your features and style. The tips below will give you some ideas.



Made in the shades



If you have blond hair and light skin, don't wear yellow or translucent frames; go for a color. If you're a redhead, you'll look great in green frames, especially green tortoiseshell. As for wearing glasses above or below the browline, the pros say choose the frames you like, and don't worry if your brow peeks out. Brows give the face character. If you have a large nose, stay away from frames with a high bridge.

IF YOU'RE TRADITIONAL (you love tailored clothes and spend weekends in jeans and a tee), look for classic frames in tortoise or black, in shapes slightly rounded à la Annie Hall or squarish and angular. Check out: The Wayfarer Limited Collection by Bausch & Lomb (about $80) and Levi's "i's" Collection by Bausch & Lomb (about $27).

IF YOU'RE FASHION-CONSCIOUS (you wear leggings, a bodysuit and a pared-down mini, or a shapely sheath), choose oversize "masks" like those worn by Jackie O and Audrey Hepburn—wide, sleek wraps or extended cat's-eye frames. Look for: Liz Claiborne Eyewear ($22–$55) and Riviera Sunglasses (Anne Klein and Anne Klein II Collections, $28–$45).

WHO'S GOT STYLE?

If you've got great style, we want to know. We're searching for women who know how to put themselves together for any occasion (whose wardrobe works from day to dressy dinners to weekends), who are always complimented by friends for their smart fashion sense and who love accessories and know how to wear them. Send us two color photos, one head-and-shoulders shot and one full-length (taken within the past two months) of you in an outfit that you think exemplifies your sense of style. Send the photos along with a brief description of yourself and your style to: LHJ STYLE SEARCH, 100 Park Avenue, New York, New York 10017. Entries and photos cannot be acknowledged or returned.


"I was forever
powdering my nose.
It's the one shiny part
of my face.
Now I wear
Corn Silk.
It's more than
just oil-free.
It's also oil-absorbent.
So now I don't give my
face a second thought."
Corn Silk®
"I
was
forever
powdering
my
nose..."
Corn Silk
IAT natural LOOK of CORN SILK. IT'S oil-ABSORBENT, NOT JUST oil-free.
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Age-makers, AGE-TAKERS & age-fakers

What's the secret to looking younger? Some women swear by plastic surgery, while others have discovered that frequent visits to a good haircolorist is a great way to fake it. Your anti-aging strategy depends on what is making *you* look old. We've pinpointed the age-makers—from droopy eyelids and dry skin to deep facial lines and wrinkles, and an overweight or untoned body—and found:

THE REMODELERS

Below, the good, the bad and the ugly news about the most common surgical de-aging techniques.

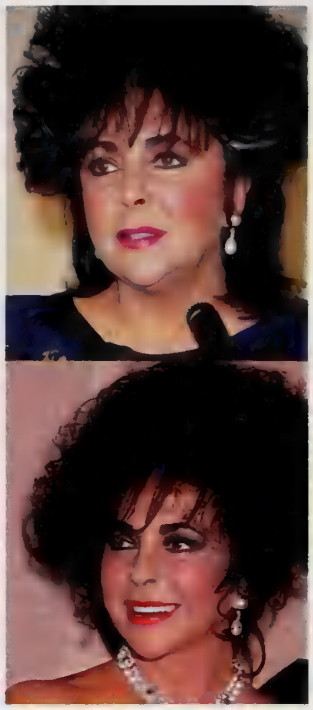
EYE-LIFT This option is popular because you can get back to your regular activities after a weekend. According to the American Society of Plastic and Reconstructive Surgeons (ASPRS), 79,110 cosmetic eyelid surgeries were performed in the U.S. in 1990.*

The procedure: A plastic surgeon removes fat deposits and excess skin that give the eye area an older, tired look. The upper and lower lids are two separate operations. **The downside:** There's a chance of leaving fat behind, which would then require a second surgery, as well as the risk of trimming too much skin. Both procedures cause bruising and some discomfort. **The cost:** $1,500 to $5,000, each procedure.

FACE-LIFT The ASPRS reports that 48,743 face-lifts were performed in the U.S. in 1990. The procedure removes lines and extra skin in the middle to lower region of the face. The skin and muscle layers are tightened, and the fat layer is removed, shifted or injected into other areas to plump them out, depending on the patient's needs. If there are no complications, patients can resume normal activities in seven to ten days. **The downside:** There may be bleeding underneath the flaps of skin that were lifted and tightened. The area will need to be drained or washed out in the *(continued)*

Our sources: Alan Matarasso, M.D., F.A.C.S., P.C., assistant professor of plastic surgery at the Albert Einstein College of Medicine, NYC, and attending surgeon at Manhattan Eye, Ear and Throat Hospital, and Seth L. Matarasso, M.D., assistant clinical professor of dermatology at the University of California at San Francisco. *The ASPRS represents 97 percent of board-certified plastic surgeons. All statistics from the ASPRS relate to procedures performed in the U. S. and Canada by members of the ASPRS.

GETTING YOUNGER



Though Liz denies that plastic surgery had anything to do with her current, more youthful appearance, losing weight certainly contributed to the dramatic difference



URGENT: Everyday exposure to UV rays is a primary cause of lines, wrinkles, even skin cancer.

INTRODUCING: Daily UV Protectant from Oil of Olay. The only moisturizer combining **SPF 15** protection, the level dermatologists recommend, with light Olay fluid. Fluid working like young skin's, penetrating instantly... greaselessly. To soften, smooth, protect.

NEW DAILY UV PROTECTANT.
For healthier, younger looking skin. Now and years from now.



Recommended by the Skin Cancer Foundation

COLLAGEN INJECTION



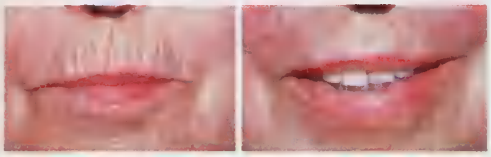
A dermatologist can fill in deep lines with collagen, but results don't last

DERMABRASION



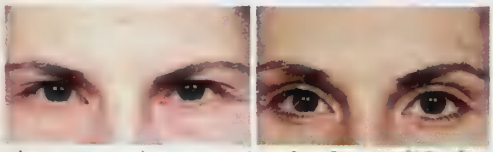
Fine lines can be sanded down to reveal smoother layers of skin below.

CHEMICAL PEEL



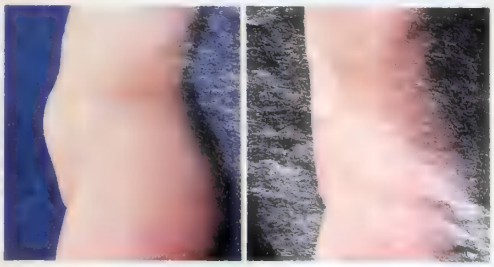
A combination of acids is applied to the skin for controlled exfoliation

EYE-LIFT



An eye-opening operation for droopy lids that removes fat and excess skin

LIPOSUCTION/TUMMY TUCK



When sit-ups don't work, tummy fat can be vacuumed away and extra skin removed

(continued) operating room. **The cost:** $5,000 to $9,000.

LIPOSUCTION Liposuction is the most common cosmetic procedure done in the U.S. today. In 1990, 109,080 liposuction procedures were performed in this country, according to the ASPRS. Liposuction removes fat deposits from various areas of the body, making these areas look smaller, more defined and, therefore, more youthful. The fat is removed from below the skin—muscles are not affected and no skin is removed. The area to be liposuctioned is anesthetized, and a half-inch incision is made, just long enough to fit the cannula, a metal vacuum-like instrument that sucks out the fat. The procedure takes about forty-five minutes for any one part of the body. Scarring is minimal; very few, if any, stitches are required. The area will be black-and-blue for three to four weeks. **The downside:** pain, numbness or discomfort for several days; swelling and skin discoloration for six to eight weeks. **The cost:** face, $2,500 to $3,500; hips, $3,000 to $6,000; stomach, $3,000 to $6,500; B.L.T. (buttocks, love handles, thighs—inner and outer), $4,000 to $7,000.

ABDOMINOPLASTY (TUMMY TUCK) The ASPRS reported 20,213 tummy tucks in 1990. The most common technique: A surgeon makes *(continued on page 182)*

THE SKIN SMOOTHERS

Cosmetic dermatologists can perform a host of effective procedures to make skin look and feel younger.

■ **Retin-A** According to the ASPRS, 37,338 people used Retin-A in 1990. This exfoliating agent, made from a vitamin A derivative, is a nighttime prescription cream or gel that thickens the outer layer of the skin and acts like a mild peel, gradually taking off layers of skin along with tiny surface lines and fine wrinkles. Retin-A can also get rid of pigment problems such as irregular color or subtle brown spots. **The downside:** It can cause dryness, redness, blotchiness. Retin-A is not yet approved by the FDA as an anti-aging medication. It may make skin more photosensitive, so you need to use sunscreen at all times; some skin is sensitive to it, so you must apply gradually. **The cost:** the cost of an office visit plus $25 to $30 per tube.

■ **Alpha hydroxy acids (AHAs)** There are six types of these acids that are derivatives of fruit, milk and other natural sources. They're available by prescription in a cream form, usually for people who are allergic to Retin-A. (Allergic reactions to alpha hydroxy acids are unusual.) Used during the day, under makeup and with a sunblock, they can reduce surface lines for a more youthful appearance. **The downside:** The same as Retin-A, although AHAs are not as drying. **The cost:** the cost of an office visit plus about $50 for the cream. *(continued on page 182)*

Surprise! A cup of yogurt has more potassium than a banana.



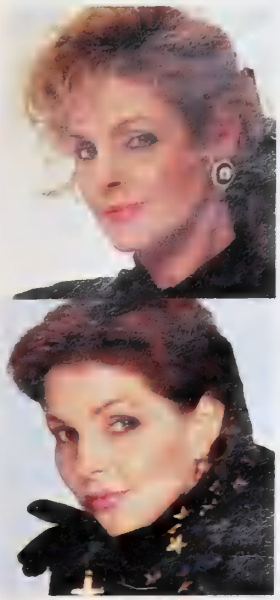
One 8 oz. cup of non-fat yogurt has more potassium than a banana, along with half your daily calcium requirement and many other essential nutrients.* So drink your milk. Have some yogurt. Enjoy the natural goodness of dairy foods—for life.

Dairy Foods, Good For Life.

America's Dairy Farmers, National Dairy Board ©1991 NDB

*Protein fortified non-fat yogurt. Calcium requirement based on U.S. RDA for women over 24.

IN HER PRIME



At forty-seven, Priscilla Presley has never looked better. Short hair in a more natural color does the trick

AGELESS BEAUTY



Lauren Hutton is the ultimate age-faker. A great sense of style and minimal makeup are her secrets

THE BIG COVER-UP

Gray matters Smooth, shiny hair is young hair—gray is an instant ager. According to Constance Hartnett, colorist for the tony Frederic Fekkai Salon at Bergdorf Goodman, New York City, "Very few women have beautiful gray hair. Most of the time, gray hair drains color from the face and, in turn, makes the skin look gray." Louis Licari, of the Louis Licari Color Group in New York and Beverly Hills, agrees. He recommends color to cover up gray: If hair is 20 percent gray or less, he uses an allover semipermanent color to create the look of highlighted hair; if hair is more than 20 percent gray, he uses a permanent color to totally cover the gray. Although a permanent color lets you change your hair to any shade you want, Licari suggests going only a few shades lighter or darker. "When haircolor works correctly, it makes your skin tone come alive," says Licari. "There should always be a contrast between hair and skin color, but hair that's too dark looks severe and is just as aging as hair that's too light."

A natural glow Makeup can either hide your age or accentuate it, depending on the application and products. "Heavy foundation, frosted eye shadows and overplucked brows are just a few of the things that age a woman instantly," says Lydia Snyder, makeup ace for the Stephen Knoll Salon, in New York. Snyder stresses a clean makeup look, with less emphasis on color and more on shape, definition and accents in the right places. Blush should be a very soft color that looks like it comes from within; a neutral, creamy-textured eye shadow with just a hint of glimmer will give the eye a dewy look.

Flawless skin Young body skin (before veins, age spots and other flaws set in) looks smooth and touchable. You can get the look back with camouflage makeup, says Flori Roberts, CEO of Dermablend Corrective Cosmetics. Her four-step plan: 1. Place a small amount of camouflage makeup in your palm and rub hands together to warm the product. 2. Apply the makeup with a gentle dab and pat motion. 3. Blend into skin with a wedge-shaped cosmetic sponge for the most natural-looking finish. 4. Brush on a setting powder for long-lasting results. Products to try: Dermablend Leg and Body Cover, Dermablend Setting Powder, for information, call 800-631-2158; Covermark Leg Magic and Covermark Setting Powder, for information, call 800-524-1120.

Full, sexy lips Collagen is a longer-lasting temporary solution for thin lips, but the right lip color can be an instant remedy. Lydia Snyder says an older woman needs a bit of bright color to perk up her face, and the mouth is the place to add it. Stay away from blue-toned lipsticks, which look retro and are aging, and opt instead for a warm shade like a true red. According to Sandy Linter, lip liner is an absolute must to soften the shape of the mouth, especially the cupid's bow. Her all-time favorite lip liners: Visage Beauté #83 and M.A.C. Spice.

Bright, beautiful nails A lot of older women say they avoid wearing nail polish because they hate their hands and don't want to draw attention to them. But Roseann Singleton, free-lance manicurist to the stars, says, "Older women *should* wear polish, because it draws the eye to beautifully manicured nails rather than age spots, veins and arthritis." She says the most important thing a woman can do to keep her hands and nails looking young is to buy a good hand cream and use it all the time.

For more anti-aging techniques, see page 182.

age-fakers

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THE NEW FINE AIR FRAGRANCE FOR THE HOME.

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Batman returns

The first *Batman* movie, released in 1989, raked in more than $200 million, so it's no surprise that the Caped Crusader (Michael Keaton) is back in Gotham City for *Batman Returns*, scheduled to open June 19. The Joker's been decked, but two other arch-nemeses are on hand: the Penguin, depicted with sinister charm by Danny DeVito, and Catwoman, portrayed by slinky Michelle Pfeiffer.

While Pfeiffer had no trouble fitting into her tight rubber catsuit and spent practically no time in the makeup chair, she was kept plenty busy learning to kickbox and use a whip. The athletic actress studied with Los Angeles "whip master" Anthony Delongis for a month before filming. By the time shooting started, she could tame a bat with one crack.

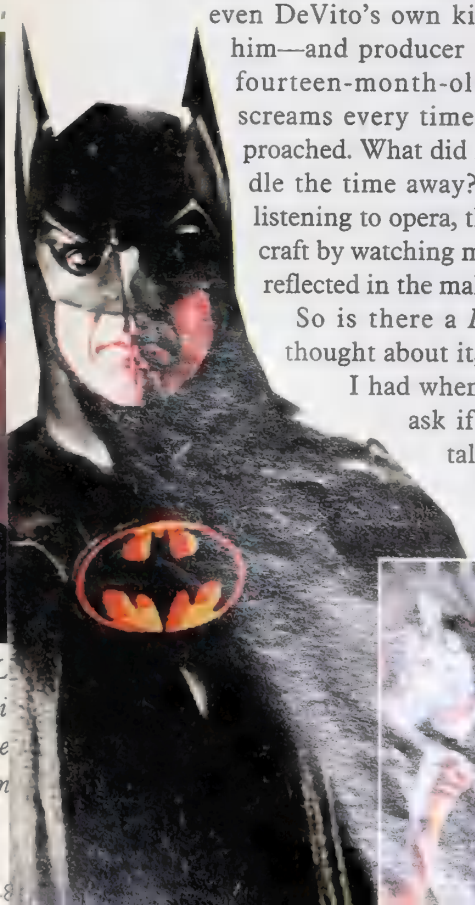




HOLY BODACIOUS BEASTS, BATMAN! IT'S THE PENGUIN (DEVITO, LEFT) AND CATWOMAN (PFEIFFER, BELOW)

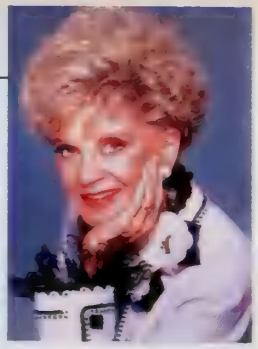
Meanwhile, it took at least three hours a day to transform DeVito into director Tim Burton's dark vision of the Penguin—plus extra time for touch-ups, since DeVito often lunched on sauced-up pasta. The results were so believable that even DeVito's own kids were afraid of him—and producer Denise Di Novi's fourteen-month-old son burst into screams every time the Penguin approached. What did DeVito do to waddle the time away? When he wasn't listening to opera, the actor honed his craft by watching movies, which were reflected in the makeup mirror.

So is there a *Batman III* in the works? "We haven't even thought about it," sighs producer Di Novi. "It's the same feeling I had when I was nine months pregnant and people would ask if I was going to have another baby. Don't even talk about it!" Okay, but you can bet that if this Batman scores big at the box office, another one will soon be on the way. —MELANIE BERGER





WAYNE'S WORLD (BRUCE, THAT IS): OUR FAVORITE BILLIONAIRE (KEATON) TRIES TO SWEEP THE FELINE PFEIFFER OFF HER FEET



Scruples redux

Best-selling author Judith Krantz is riding high on the Rodeo Drive circuit again, with the newly published *Scruples Two* (Crown). It's been fourteen years—and six Krantz best-sellers—since the first installment, and a lot has changed, even in Beverly Hills; these days, heroine Billy Ikehorn runs a sensible catalog business instead of a glitzy boutique. Still, she and her set are as globe-trotting, glamorous and sexy as ever, and the book is already slated to be a mini-series next year.

Has the sixty-three-year-old author altered her own lifestyle since *Scruples*? Absolutely. "I used to love to shop; now I shop as little as humanly possible." So what *does* she wear? "When I'm working, I just wear sweats—and I get those from catalogs."

—SARAH MCCRAW

Blazer Owners Get All The Brakes.



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BATTER UP!





Pssst . . . want some inside dirt from *A League of Their Own*, the new Penny Marshall movie about an all-female baseball league that stars Madonna and Geena Davis? Well, co-star Tom Hanks and his son did. According to cast member Rosie O'Donnell, the two were so delighted about filming at Chicago's famed Wrigley Field that they scooped up soil right from the pitcher's mound as a souvenir. Comedian O'Donnell, who recently launched a new sitcom, *Stand By Your Man*, on Fox, also reveals that Madonna has a secret vice: candy. And the Material Girl doesn't like to share! "Around the third week, I knew we were becoming friends," says O'Donnell, "because she said, 'Rosie, want a caramel nip?' And I thought, Okay—I've finally broken through." —M.B.

New summer shows

No longer a desert of endless reruns, summertime has become yet another chance for the networks to have their day in the sun. *LHJ* offers a peek at some of this season's warm-weather warriors.

CBS

MIDDLE AGES The men's movement has spawned its first primetime drama about the lives of four fortysomething Renaissance guys. ***2000 MALIBU ROAD*** A primetime soap, starring Drew Barrymore and Lisa Hartman, about four female roommates—a former hooker, a lawyer, an aspiring actress and her manager. Can *2000 Malibu Road* move into the ratings neighborhood of Fox's popular *Beverly Hills, 90210*? (Meanwhile, Fox is adding yet another chic address: *Melrose Place*, about eight folks in their twenties living in L.A.'s trendiest section.) ***GRAPEVINE*** A comedy about gossip, the show revolves around three friends who dish about the love lives of everyone they know. A new type of reality TV? ***CUTTERS*** Robert Hays (*Airplane!*) stars in this sitcom about a barber shop that merges with a chic beauty salon, from the razor-sharp producers of *M*A*S*H* and *The Mary Tyler Moore Show*. Is it to dye for? We'll see. ***RAVEN*** CBS is gambling on magnum success for this Hawaiian drama about a private eye and a martial-arts vigilante on the run—and hoping star Lee Majors will give it a bionic boost.





ABC

ON THE AIR From *Twin Peaks* director David Lynch comes this fifties variety-show spoof featuring a brainless starlet, an incoherent German director, and a dog named Snaps. ***JULIE*** Want more variety? Try this sitcom starring Julie Andrews as a variety-show host who relocates from New York to Iowa. ***JACK'S PLACE*** Hal Linden plays the owner of a restaurant where romance is served along with the ratatouille. *Love Boat* à la carte? ***THE HUMAN TARGET*** Pop singer/actor Rick Springfield plays a bodyguard who protects his clients by impersonating them. Sounds like the makeup artist will be the real star.



NBC

DR. DEAN In this new daytime talk show, noted physician and columnist Dr. Dean Edell offers healthful advice and interviews with patients who've survived medical traumas. Now there really will be a doctor in the house.

SUMMER'S SHOOTING STARS INCLUDE JAMES FARENTINO AND JULIE ANDREWS (TOP LEFT), DR. DEAN EDELL (TOP RIGHT) AND DREW BARRYMORE (LEFT)

GO

This rich lather goes beyond soap clean. Even removes makeup greaselessly. A thorough clean but without drying like soap. And it has

BEYOND

the extra plus of light Olay fluids. Working with your skin to help keep essential moisture and a fresh young glow.

SOAP

So bring out the fresh glow of younger looking skin-- 100% soap-free Foaming Face Wash will change the way you wash your face forever.

CLEAN



Now in new Sensitive, too.



The summer vacation health guide

While your family enjoys their holidays this year, guard against injuries and infections

BY ILENE SPRINGER

Summer vacation—you've longed for it, worked for it, and now it's here. Don't let the good times be ruined by bugs, ticks, sunburns and sprains—or worse. Whether you're headed for the shore, the mountains, your own backyard or more exotic climes, a little forethought will help keep you and your family safe and healthy.

What should you be especially on the alert for this year? According to the Centers for Disease Control (CDC), the number of cases of Lyme disease, giardiasis (a parasitic infection) and salmonella infections from contaminated food are all expected to rise. (To find out how to avoid food poisoning, see "Quick serves," page 158.) Meanwhile, further deterioration of the atmosphere's protective ozone layer makes sun exposure a greater hazard than ever. Here's the latest on summer health problems—and how to keep them from spoiling your holidays.

Bugs

Insect repellents are a summertime necessity just about anywhere, but apply them sparingly. Products containing the insecticide DEET are the most effective and long-lasting. However, high concentrations (above 30 percent) can cause skin disorders and such neurological problems as seizures. Insecticides with DEET levels higher than 10 percent should not be used on children. Non-DEET products are available, but they require considerably more frequent applications.

Although bee, wasp and hornet stings are harmless for most people, those who are hypersensitive can go into anaphylactic shock, often resulting in death. Symptoms include hives and itching, flushing, wheezing, hoarseness, rapid swelling of the hands and feet, upper-respiratory problems and a severe drop in blood pressure.

The sooner such *(continued on page 60)*

Two Tums a day can help prevent osteoporosis.

Because Tums® is jam-packed with calcium. And calcium is one of the very best lifelong defenses against the pain and brittle bones and stooped back that can come from osteoporosis.

It doesn't only happen to "somebody else."

It's tragic that 20 million American women suffer from a disease that *can be prevented*! We urge you to ask your doctor about osteoporosis and risk factors such as age, race and family history. He may recommend exercise or other therapy. But key in preventing osteoporosis is getting enough calcium from your diet – from adolescence right through menopause. The chart shows most of us don't come close!



HOW TO CLOSE YOUR DAILY CALCIUM GAP

A superior kind of calcium.

The best source of extra calcium is Tums; Tums calcium is *calcium carbonate*, which is highly concentrated and as easily absorbed as milk*. And Tums costs less than other supplements. For the same amount of calcium, Caltrate®† or Os-cal®† charge almost twice as much.

Two Tums a day every day.

Since each Tums contains 200 milligrams of calcium, two tablets every day will close a 400-milligram gap. They come in six refreshing flavors and they're chewable. You can take them anywhere!

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CALCIUM



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"Who's The Fairest Of Them All?"

Banded in 22-karat gold

Actual diameter of 8¼ inches

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Officially endorsed by Cat Fanciers' Federation, Inc.

Mirror, mirror on the wall who's the fairest of them all?... a Bradford Exchange recommendation



This pampered puss sees herself as the most comely of creatures. And famed Victorian artist Frank Paton quite agrees, as we can tell from his luminous portrait. Now, this exceptional Victorian painting has been re-created for you to own on a fine porcelain collector's plate. "Who's The Fairest Of Them All?" is available now – and it looks like a smart buy. Here's why the Bradford Exchange recommends it:

"Who's The Fairest Of Them All?" is an important first issue, the first plate in the *Victorian Cat Capers* collection from W. S. George Fine China, an affiliate of the Bradford Exchange.

It is an impressive work of art, created from an original work by artist Frank Paton, one of Victorian England's most renowned animal portraitists. Attesting to its importance, each plate will be hand-numbered and accompanied by a Certificate of Authenticity.

It has the potential to appreciate in value. The edition of "Who's The Fairest Of Them All?" is limited to a maximum of 150 firing days. Once the edition closes, collectors' demand could exceed the supply of plates and force asking prices up.

The Bradford Exchange . . . picking winners since 1973. Worldwide, limited-edition plates are the *only* collectibles traded on an organized exchange. And with headquarters in the United States and offices in twelve other countries, Bradford is at the very heart of this exciting international market. That means Bradford analysts can often spot trends in the making.

If, for example, you had followed one of our major recommendations in 1989, you would have bought the first issue in the *Victorian Christmas* series at just $39.80 – a plate that last traded at $60.00.* Or, in 1979, if you had acquired "Oliver's Birthday," an exceptional plate from Anna Perenna's *Uncle Tad's Cats* series, you would now own a plate valued at three times its issue price.

Like any marketplace subject to the laws of supply and demand, the plate market is constantly changing. Some exceptional plates appreciate in value; some plates go down, and many remain at or near issue price. But right now, Bradford Exchange analysts rate "Who's The Fairest Of Them All" as one of the year's top prospects. . .and we'll back up your purchase with our unconditional 365-day guarantee.

To acquire "Who's The Fairest Of Them All" at its $24.50 issue price – backed by our 365-day guarantee – simply fill out and mail the order form provided. *Send no money now.* You will be billed when your plate is shipped. But don't delay. The time to get "Who's The Fairest Of Them All?" is now – *before* it has a chance to increase in value.

*Reflects last trades on the exchange as reported in the Bradford Exchange Market Report, Vol. III-12.

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Within one full year after you receive your plate, you may resell it to us if for any reason you are not completely satisfied. We will issue you a refund check (or credit your account if you paid by credit card) for everything you have paid, including postage.



(continued from page 54) a reaction is treated, the greater the likelihood of surviving. If anyone in your family is allergic to insect venom or suffers from severe allergic reactions to foods or medications, ask your doctor about premeasured emergency injectors of epinephrine (dispensed by prescription only), which counteract the effects of anaphylaxis.

Ear problems

Everyone's ears pop or clog during an airplane flight, but flying with a cold can greatly exacerbate this discomfort and may even lead to ear damage—unless you take precautions.

Normally, when a plane takes off and lands, you can equalize the pressure in your eustachian tubes (the slender connection between the nasal cavity and the middle ear) by swallowing or chewing. But that handy in-flight trick doesn't work when the tube is congested. What happens—especially when the plane descends—is that air pressure increases outside the eardrum, creating a partial vacuum in the middle ear that compresses the eardrum. This condition (called barotrauma) can result in very painful eardrums, which may rupture and cause temporary or permanent hearing loss.

Head off barotrauma by taking a decongestant to unblock and dry up the sinuses a few hours before your flight. Then, during descent, make sure you chew or swallow several times. Give infants their favorite drink in a bottle to encourage them to suck and swallow (this spares them ear problems whether or not they have a cold). If upon arrival you do experience hearing difficulties, see a doctor to make sure you haven't ruptured an eardrum. Most likely, you'll just need to take a decongestant.

Head injuries

According to the National Head Injury Foundation, motor-vehicle crashes account for 50 percent of head injuries; another 10 percent are the result of sports and recreational activities. So start your trip off right by wearing seatbelts and securing small children in safety seats. Then, during the rest of the vacation, make sure the entire family wears appropriate protective headgear while biking or horseback riding.

Since diving accidents also are the cause of serious brain and spinal-cord injuries every year, be sure to check the depth of a body of water before you or your kids leap in. And when you take children to the playground, look for one that has equipment with shock-absorbing material at the base. Supervise kids carefully if there's only concrete or asphalt under the jungle gym. (For a free guide on playground safety, call 800-824-BONES.)

After a head injury occurs, if there is confusion or *any* loss of consciousness, see a doctor immediately. Do not move a person with a head injury (unless absolutely necessary), and do not try to stop the flow of blood or fluid from the nose or ears, as this could cause pressure to build up in the brain. Never remove an object *(continued)*

FAMILY FIRST AID

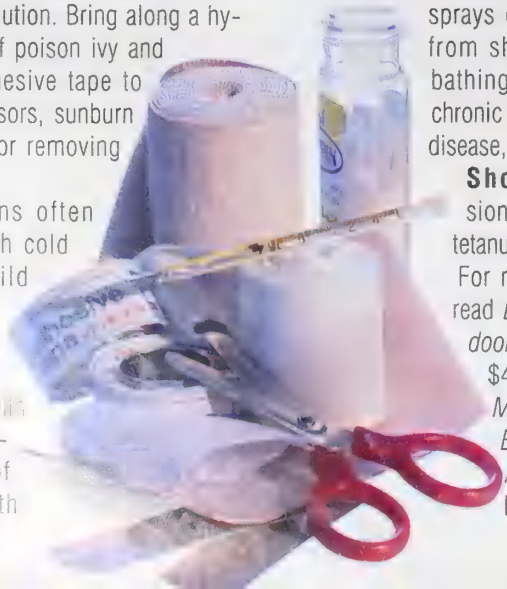
Bandages, bug spray and suntan lotion are probably the first things you throw into your vacation bag, but they shouldn't be the last. When you're away from home, medical care may not be close by, so take along a mini medicine chest of first-aid items and remember these tips:

Basic first aid Most injuries in the outdoors will simply be blisters, scrapes, bug bites and rashes. To clean minor skin irritations and burns, use an antiseptic solution. Bring along a hydrocortisone cream to quell the itch of poison ivy and mosquito bites. Pack gauze and adhesive tape to dress cuts and scrapes, a pair of scissors, sunburn spray, a thermometer, and tweezers for removing ticks and splinters.

Because ankle and knee sprains often occur during hikes, be prepared with cold packs and elastic bandages in child and adult sizes. The rule of thumb for treating sprains is RICE—rest, ice, compression, elevation.

Emergency information Carry with you duplicates of prescriptions, health-insurance information and a list of your doctors. If you have a health problem, wear a Medic-Alert bracelet—a card tucked in your wallet isn't enough.

Medications Pack aspirin (and nonaspirin pain reliever for children), a decongestant/antihistamine combination for sniffles and allergies, an antacid, a laxative, and an antidiarrheal for stomach distress (especially if you're vacationing in areas with questionable water supplies). Antifungal creams or sprays can help combat infections picked up from shower facilities or from lounging in bathing suits all day. Family members with chronic illness, such as asthma, diabetes or heart disease, should take along extra medication.



Shots If you've planned an outdoor excursion, make sure the family has up-to-date tetanus protection.

For more information on vacation first aid, read *Basic Essentials of First Aid for the Outdoors*, by William Forgey, M.D. (ICS Books, $4.95; to order, call 800-541-7323), and *Medicine for the Outdoors: A Guide to Emergency Medical Procedures and First Aid*, by Paul S. Auerbach, M.D. (Little, Brown & Co., $14.95).

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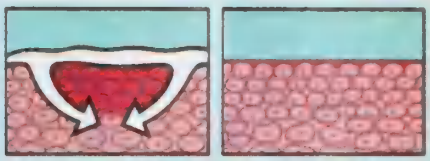


Poison Ivy | *Household Dermatitis* | *Insect Bites* | *Psoriasis* | *Eczema*

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Safe, effective prescription-strength treatment brings soothing relief and help in healing.

While most itches may start out small ...an itchy insect bite...an annoying reaction to soapy dishwater...they often turn into irritated, inflamed rashes.

That's why it's important to be able to identify different skin irritations and know the best way to treat them. So you can relieve the itching...and keep a small problem from turning into a big one.

1. Poison Ivy (along with poison sumac and oak) can be found almost everywhere. Look for redness, blisters and itching that can appear anytime from within a few hours to up to two or three weeks. Treatment with topical hydrocortisone will give you effective, soothing relief.

2. Household Dermatitis can affect skin in a variety of ways. Its causes range from everyday household cleansers to dishwashing detergent. No matter the cause, the result is dry, cracked skin that's irritated and red. The best treatment is relief that soothes and helps heal. Again, hydrocortisone provides that relief.

3. Insect Bites can leave you itching and scratching. In most cases, they're not serious but, if not treated right away with hydrocortisone, scratching these bites can make them painful and inflamed. Prompt treatment with hydrocortisone stops the itch, preventing frequent scratching that can lead to inflammation.

4. Psoriasis is a stubborn, chronic and, as yet, incurable disease of the skin. And while it isn't life threatening, the constant flaking, and itching can make life miserable.

The first step towards treating psoriasis is to see your doctor. While there is no cure, doctors have found that application of hydrocortisone creme is an extremely effective way to provide temporary relief.

5. Eczema (or dermatitis) is a persistent eruption of the skin. The result is red, itchy scaling that can appear anywhere on the body.

While there is no specific treatment, the goal is to provide relief from the constant itching. Your doctor can tell you about a variety of treatments, including hydrocortisone, which has been proven effective in providing temporary, soothing relief.

Cortizone-5, Cortizone-5 Wipes and Cortizone-10. No matter what kind of rash or itch you have, Cortizone has a whole family of doctor-recommended products that give you the relief you need...without a prescription.



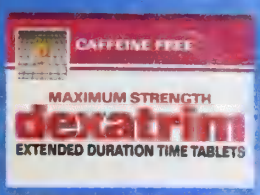
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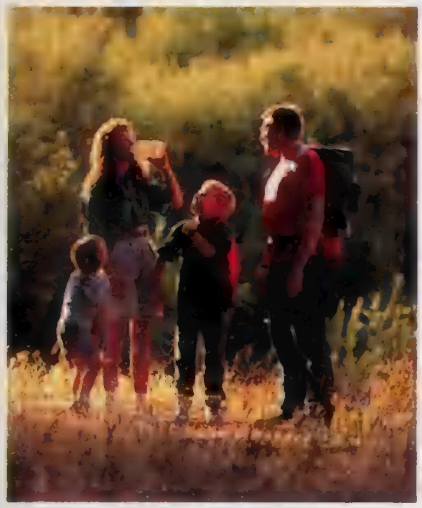
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penetrating the skull; this can cause massive bleeding.

Even minor head injuries should be monitored carefully. A person may feel fine right after an accident but then hours, weeks or even months later experience symptoms indicating a more serious injury. The most common complaints include sleepiness, dizziness, visual problems, headaches (especially those that worsen over time), irritability and poor memory. Other signs to watch for: persistent vomiting, unsteadiness in walking and personality changes. In young children, also be vigilant for shortened attention span, learning difficulties, and emotional or behavioral disturbances.

Giardiasis

As refreshing as that crystal-clear



mountain stream looks, don't drink from it. You could get a miserable case of giardiasis, also known as "backpacker's disease." *Giardia lamblia*, the tiny parasites that cause this condition, are spread when feces of infected animals and people contaminate rivers, lakes and even public drinking-water reservoirs.

But a contaminated water supply isn't the only way to get giardiasis. The parasites have also found their way into day-care centers, toddler swimming pools and into uncooked foods handled by people who do not practice good hygiene after using the toilet.

About a week after *Giardia* are ingested, they multiply in the small intestine and can cause stomach cramps, abdominal bloating, flatulence, vomiting, fatigue and diarrhea. Symptoms can also be intermittent or so subtle that a person may have only a vague sense of not feeling up to par.

To prevent giardiasis, drink bottled water on the trail. Otherwise, purify stream or lake water by boiling it for at least five minutes, by using a portable water-filtering system or by treating it with iodine.

If you do get the disorder, it can be treated with antibiotics, such as Atabrine and Flagyl.

Lyme disease

Second only to AIDS, Lyme disease is the fastest-growing infectious disease in the country. According to the CDC, cases of Lyme disease have now been reported in all states except Hawaii, Alaska and New Mexico.

Lyme disease is caused by a bacterium—a spirochete called *Borrelia burgdorferi*—that lodges in tiny ticks. The ticks (which usually feed on forest- and marsh-dwelling animals, such as deer and mice) can then bite and infect humans. In the majority of cases, a rash in the shape of a bull's-eye appears anywhere from three to thirty-two days after the bite. Symptoms include fatigue, fever, headache, chills and painful joints and muscles. Most patients who receive prompt care with antibiotics recover without complications. But if left untreated, the disease can lead to arthritis, irregular heartbeat, meningitis, facial paralysis and nervous-system complications. Pregnant women must be particularly careful, since Lyme disease may pose a risk to the fetus.

Avoid Lyme disease by steering clear of tall grass and scrub pine, stone fences and wood piles—habitats for mice. And when you do set off for a hike or a country walk, be careful. Wear light-colored clothing to make it easier to spot ticks, and tuck long pants into socks or boots. The CDC suggests spraying the repellent Permanone (which does not contain DEET) on clothing to kill ticks on contact.

After each outing, inspect your skin and clothing (don't forget to check your pets as well). If you find a tick burrowed into the skin, remove it by grasping it close to the skin's surface with tweezers. Pull it out slowly and straight back—crushing it could disperse bacteria. Disinfect the bite with alcohol or hydrogen peroxide, and wash your hands with soap and water. If you're worried, have the tick analyzed by your local health department.

Sun damage

Thanks to the sunbathing *(continued)*

HOW A 40-YEAR-OLD MOTHER OF FIVE LOST WEIGHT AND WON IN A BEAUTY CONTEST.



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Karlon Steele

Karlon after Dexatrim



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Advertisement

SELF ESTEEM
& The Whole Child



Top child psychologist Dr. Lawrence Balter on child development

When an orchestra performs, each individual section makes a unique contribution to the overall sound, and in so doing, a unity is reached. Similarly, for harmony to be attained in child development, the whole child must be nurtured: the physical, the social, the emotional and the intellectual.

Children work indefatigably to perfect their skills and to achieve a sense of competence. For example, a toddler will open and shut the same door repeatedly, but this is not mindless activity: It is her attempt to gain mastery over her environment.

While they are learning about the outside world, children are also engaged in a struggle to develop a sense of self. They define themselves partly by what they can accomplish and partly by their caregivers' appraisals. They are easily discouraged, and their self-esteem can be readily crushed.

If a child's self-esteem is low, he may shrink from challenges or call attention to himself in objectionable ways. Another child may feel that she is incapable of accomplishment or, even worse, undeserving of success.

It is a caregiver's responsibility to see that children have ample opportunities to develop a strong and positive sense of self-worth. Children must be shown that their ideas are worthy, and that their efforts are appreciated. They must never be made to feel foolish for their thoughts or feelings.

If children are treated with respect, it follows that they will feel good about themselves. Fueled by a strong sense of confidence, children will take chances on learning new things, cooperate and share with others and, therefore, continue to grow.

Lawrence Balter, Ph. D., is a practicing psychologist and professor of applied psychology at New York University. His most recent publication is Sue Lee Starts School (Barron's, 1991), an illustrated children's book on adjusting to school.

Family health

continued

fad back in the fifties and sixties, skin cancers are now emerging at alarming rates, and the Skin Cancer Foundation predicts that a 5 percent decrease in the ozone layer in 1992 will result in another upswing of various types of skin cancer. This year, over six hundred thousand new cases of skin cancer will be diagnosed. Out of these, there will be twenty-one hundred deaths from nonmelanoma cancers and sixty-seven hundred deaths from melanoma.

In spite of all the warnings about excessive exposure, a recent study shows that teenagers (who love to bask) rarely apply sunscreens unless their parents had insisted on its use in childhood. Intense sun exposure—one or two blistering burns—prior to age twenty may increase the risk of melanoma by more than three times.

For adequate protection:

- Try to avoid the sun altogether when its rays are strongest—between ten A.M. and three P.M.
- Use a sunscreen with a sun protection factor (SPF) of at least 15; apply a waterproof/sweat-resistant product for swimming or playing sports. Keep infants out of the sun until they are six months old and can tolerate sunscreen.
- Wear protective clothing and a wide-brimmed hat even when it's cloudy. A recent study in Rhode Island found that almost half of nonmelanoma skin-cancer deaths in that state started as tumors in or on the ear.
- Protect your eyes. The sun's UVB and UVA rays may damage the retina and contribute to the development of cataracts. For optimum protection, insist on sunglasses labeled "special purpose," which block 99 percent of UVB and at least 60 percent of UVA. Sunglasses labeled "general purpose" block 95 percent of UVB and at least 60 percent of UVA. When ordering prescription lenses, request a special coating that blocks 99 percent of UV light. The film is inexpensive, colorless and can also be applied to clear glasses. In fact, the darkness of lenses is not a good indicator of their ability to filter out UV light.
- Don't fall prey to the myth that getting a tan in a tanning booth is safe. The UVA light emitted in tanning salons can cause skin cancer, facial wrinkling and sagging, eye damage and allergic reactions.
- Recognize the ABCD symptoms of skin cancer: changes in asymmetry, border, color or diameter of moles and other pigmented growths. See a doctor immediately if you suspect a problem.

Ilene Springer regularly reports on family health topics.



The following specialists provided information for this article: David Dennis, M.D., coordinator of the Lyme disease program, Centers for Disease Control (CDC), Fort Collins, Colorado; William Forgey, M.D., clinical professor of family medicine, Indiana University, Crown Point, Indiana; R. Fritz Hafer, Ph.D., M.P.H., assistant state epidemiologist, Bureau of Disease Control, Concord, New Hampshire; Deirdre Herrington, M.D., assistant professor of infectious diseases, Bowman Gray School of Medicine, Winston-Salem, North Carolina; Dennis Juranek, D.V.M., chief of epidemiology and the parasitic diseases branch, CDC, Atlanta; Thomas Meloy, M.D., chairman of the department of emergency medical services, Mayo Clinic, Rochester, Minnesota; Irene Reidy, Skin Cancer Foundation, New York City; William Singer, M.D., assistant professor of pediatrics at Harvard Medical School, Cambridge Hospital, Cambridge, Massachusetts; Jouni Uitto, M.D., Ph.D., chairman, department of dermatology, Thomas Jefferson Medical College, Philadelphia.

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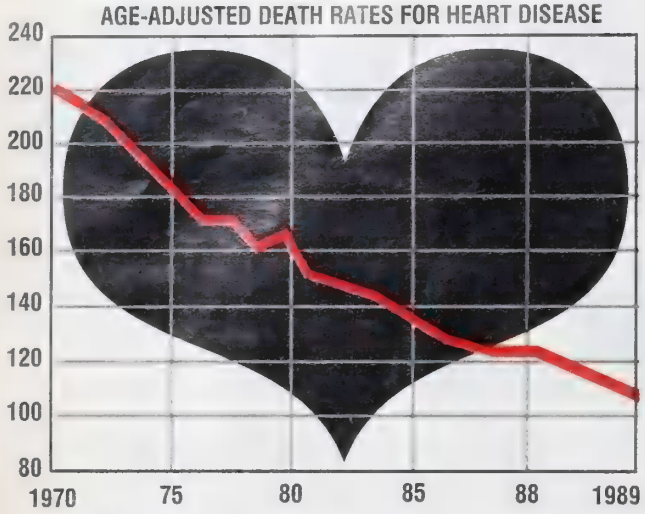
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Affairs of the heart

Though heart disease is still the nation's number-one killer, it's claiming noticeably fewer lives. Between 1988 and 1989, the death rate for heart disease dropped 6.3 percent, according to the latest information from the National Center for Health Statistics.



Adapted from the "1992 Heart and Stroke Facts," American Heart Association.

Why? In large part, say the experts, because Americans are finally dealing with well-publicized risk factors: diets loaded with cholesterol and saturated fats, high blood pressure, lack of exercise, and cigarette smoking.

In addition to lowered risk factors, says Edward S. Cooper, M.D., president of the American Heart Association, "Results of advances made throughout the eighties, such as improved heart drugs and surgical procedures, are now showing up in the figures."

—Sue Berkman

ALL IN GOOD TIME

Good timing can make a considerable difference in preventing postoperative infection. Researchers at Utah's LDS Hospital, in Salt Lake City, found that patients who received antibiotics up to two hours before surgery were 50 percent less likely to develop infections than those who got medication either earlier or after their operations. Doctors have long known that this two-hour period is the optimum time to give antibiotics, but the practice is not widely followed, partly because of staff error. Variations in timing not only result in infections but add an estimated $14,000 to a patient's hospital bill for prolonged recovery.

The right timing can also reduce postoperative pain. According to the federal Agency for Health Care Policy and Research (AHCPR), about half of the twenty-three million people who have surgery every year suffer needless pain. New guidelines established by the AHCPR encourage doctors and nurses to monitor patients' discomfort carefully, give pain medication more frequently or let patients administer their own. "By the time pain is severe, it's more difficult to control," says Daniel B. Carr, M.D., director of the Division of Pain Management at Massachusetts General Hospital, in Boston.

—Joan Lippert

The whole tooth

The news from the dental-care front:

■ The two most dreaded words in dentistry—root canal—may soon be a thing of the past. A plastic sealant being developed at the American Dental Association (ADA) Health Foundation, in Gaithersburg, Maryland, will protect roots from the bacteria that cause decay and irritate gums.

Meanwhile, the sealants currently available are a cheap, easy way to prevent tooth decay in children and adults. According to the ADA, sealants cost about half as much as fillings and protect teeth for five to seven years. Many insurance plans will cover them.

■ The FDA has ordered that tooth-whitening kits be taken off the shelves until safety studies are completed. Hydrogen peroxide, the main ingredient in whiteners, can interfere with gum healing and cause cell changes. It's still possible, however, to have your teeth brightened by a dentist, who can apply whiteners so that they do not cause damage. Treatment requires four to five visits, at a cost of $150 to $200 per visit. —J.L.



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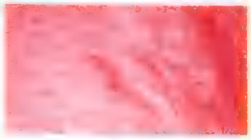
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"Honey, you're a great lover . . . *not!*"



Faking orgasms, saying that you fantasize only about him—even the most passionate women aren't always truthful with their husbands about sex. But such deceptions can undermine your love life—and your marriage. A special report on sex, love and lies

BY LESLEY DORMEN



Donna Loren,* thirty-four, was one of the millions of women who roared with laughter when Meg Ryan demonstrated a make-believe orgasm in the movie *When Harry Met Sally*. Donna's husband, Todd, was one of the millions of men who watched that delicatessen scene with a left-out-of-the-joke look on his face. "I knew perfectly well how easy it is to fake an orgasm," says Donna, an accountant and mother of two in Seattle. "I'd been faking mine for over a decade. I got into the habit of pretending, because otherwise sex would go on forever."

Like Donna, almost every married woman has lied to her husband about sex at least once. Despite decades of sexual freedom and increasingly candid talk about sexuality, we're still sometimes dishonest about our desire for sex, what gives us pleasure in bed, who and what we fantasize about and our husbands' lovemaking skills.

Why do we lie? According to the experts, many women are afraid to tell the truth. Couples today expect so much from marriage and sex that some women are reluctant to tell their partners what they really need and want because they worry about getting a negative reaction, says Oakland psychologist Bernie Zilbergeld, Ph.D., author of the recent book *The New Male Sexuality* (Bantam). Others lie to protect male egos. "Men have been so identified with their sexual prowess, the assumption was that they couldn't tolerate any awareness of their own frailty," says Cheryl Rampage, Ph.D., director of education at the Family Institute, in Chicago. "There's still a lot in our culture promoting that old conditioning."

(continued)

**Name has been changed.*

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Finally, sometimes it's simply easier to lie. For some women, sex has become more work than pleasure, according to sex therapist Judith Seifer, Ph.D., of the American Association of Sex Educators, Counselors and Therapists (AASECT). "Taking care of their partner feels like one more chore they have to do, so they want to just get it over with." Others are untruthful to avoid conflict. "When a woman says, 'Yes, I had an orgasm' or 'Yes, the sex was good for me,' she probably feels that she's only telling a small white lie," says Seifer.

But those little lies can cause big problems. Not only does a woman cheat herself out of the pleasure she needs and deserves, but over time her sexual dissatisfaction and her subsequent resentment of her husband are likely to destroy the partnership she thinks she is protecting.

Here are the five most common—and dangerous—lies married women tell. Do any of them sound familiar?

1. "It was great for me, too."

What finally saved Donna Loren's sex life was a little enlightenment. "I happened to pick up a magazine article about orgasm in which it suggested that a woman touch herself during intercourse as a way to trigger her climax," says Donna. "Not only did that seem amazingly sensible, it also reassured me that a great many women had the same so-called problem that I did.

"When I eventually worked up my courage to try it while we were having intercourse, Todd asked me what I was doing. I said, 'I think I can have a more intense orgasm if I stimulate myself. Are you willing to try this with me?' He wasn't comfortable at first with the idea, but that faded as soon as he saw how turned on I got. I was lucky. I never did have to confess the whole truth."

Until the sexual revolution in the sixties, most women didn't need to fake orgasms, because they weren't really expected to have them, says Judith Seifer. "Just as premature ejaculation wasn't a sexual dysfunction up until then, because men didn't have to last very long, neither did anyone really worry about whether a woman had an orgasm," says Seifer. "Then suddenly women had role models saying, 'If we're going to do this, I want something out of it, too.' "

But although women today are better educated about their bodies and feel more entitled to sexual pleasure, many still lie about orgasms. In a recent *Journal* survey of fifty thousand women, 42 percent of respondents admitted they sometimes fake it. And according to research by Manhattan clinical sex therapist Helen Singer Kaplan, M.D., director of the human sexuality program of New York Hospital–Cornell Medical Center, almost half of the women who do achieve orgasm during intercourse need additional clitoral stimulation.

To change things, women need to learn to be responsible for their own pleasure, says sexuality educator Elizabeth Mooney, a member of AASECT and the executive director of the Planned Parenthood in North Central, Indiana. That means giving up the idea that successful lovemaking must always end in orgasm and forgetting male definitions of what orgasm feels like. "Many women experience orgasm as a gentle relaxation, without all the fireworks and shouting—a ride in a canoe, not a Mack truck," says Mooney. "They worry that it's not significant enough to please their partner, so they exaggerate."

Most experts agree that a woman who's been faking should be honest with her husband. How can she suddenly tell him the painful truth? David Schnarch, Ph.D., a sex and marital therapist in New Orleans, recommends saying something like this: "I'm about to say something that scares me, but I've got too much invested in our relationship not to. I've been faking orgasms. I apologize. I thought I was doing both of us a favor, but I now see that this is not the case, and I'm not going to do it anymore."

"Many women experience orgasm as a gentle relaxation, without all the fireworks and shouting. But they worry that it's not significant enough to please their partner, so they exaggerate."

A man will typically struggle with two conflicting reactions, says Schnarch—recognition of the enormous step his partner has taken by telling the truth and the humiliation of not having been able to tell that she'd been faking. Experts say the trick is to keep the lines of communication open, with the help of therapy, if necessary. You and your husband must also give up the myth that orgasms are a measure of sexual adequacy for either of you. Says Schnarch, "That's what gets couples into this trap in the first place."

By being open with each other and trying new techniques to heighten the woman's pleasure, a couple will find that sex becomes more exciting for both of them.

2. "Don't worry, honey. I don't mind."

Kathy Rothberg,* thirty-two, and husband, Bill, were married eight mo after they met. Bill was in his late for a widower whose first wife had died than a year earlier. Their marriage w love match in every way but one: Bill difficulty sustaining an erection, and tercourse was often difficult.

"The first couple of times it happen assured him that I truly didn't mind," Kathy. "Sure, I was disappointed. Bu made love other ways and still felt clos each other, so it was mostly okay."

For a while. "When the problem tinued, I was frustrated and angry," Kathy. "I missed the feeling of intim and sexual bonding that only interco gives me. And I began to think maybe he didn't love me enough."

Bill saw a counselor, and it quickly came clear that unfinished mourning his first wife and guilt over remarryin soon after her death was troubling He and Kathy began couples counselin

"Our sex life is finally good," Kathy a year and a half later. But she mits it has been difficult. "Watching deal with his first marriage right at start of ours wasn't a picnic for me. our marriage is wonderfully close now cause of what we've faced down togeth

For many women, a partner's occas al impotence is not so worrisome. Exp say, however, that when the proble prolonged, lying about the impact—h ever well intentioned—is likely to h the relationship. "To say, 'I have a l empathy, we can work this out' is won ful," says Cheryl Rampage. "But to s doesn't matter to you devalues the im tance of sex in the relationship."

Lying may also sabotage a man's m vation to do anything about the prob adds Judith Seifer. "He may become less interested in sex, thinking, Why something we can't finish? And the w an then becomes even more frustrate privately convinced that the few pou she's gained have made a differenc that he doesn't love her anymore."

All men will have some erectile function at various times in their lives perts say, and much of it will turn o have some physiological cause, for ex ple, as a side effect of alcohol or pres tion drugs. Says Seifer, "Rather than l and saying 'Don't worry, it's okay' w he's impotent, a woman should say 'I talk about this, honey. We need to ta look at what's going on.' "

3. "I fantasize only about you."

Janey Posner* and her husband, St first shared their sexual fantasies be they married. "I used to tease Stuart a the crush he had on Daryl Hannah," Janey. "And he'd ask me, 'Who do fantasize about?' " Janey's *(contin*



Now, dermatologists have a product proven to regrow hair for women: *Rogaine.*

"Finally, I can do a lot more about my hair loss than just sit back and take it."

Until today, many women who were losing their hair could do nothing to grow it back. Now, after 8 months of clinical tests conducted by dermatologists at 11 medical centers,* Upjohn is proud to announce that *Rogaine* is the first product ever proven to regrow hair for women.

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Rogaine is the only product that's ever been clinically proven to regrow hair. In clinical tests,* almost 2 out of every 3 women who tried *Rogaine* containing minoxidil grew hair back: 3% had moderate regrowth and 0% had minimal regrowth. Thirty-nine percent of the women in a placebo group not using minoxidil also saw some regrowth. *However, when the actual number of newly regrown hairs in the 1-cm² area of the test were counted after 8 months of treatment, the Rogaine group averaged more than twice as much new growth (22.7) as the placebo group (11).* At least 4 months of treatment with *Rogaine* were usually necessary before regrowth could be evaluated.

Adequate and well-controlled studies have not been conducted in pregnant women treated with *Rogaine;* therefore, *Rogaine* should not be administered to pregnant or nursing women. Efficacy in postmenopausal women has not been studied.

Side effects were minimal: only 7% of the men and women tested had itching of the scalp. *Rogaine* is a clear, non-oily liquid you apply directly to your scalp twice a day. It's easy to use and won't interfere with your regular styling.

Anecdotal reports indicate that if you stop using *Rogaine,* you will probably lose the new hair within a few months.

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Call the toll-free number below and we'll send you a $10 certificate. If you wish, we can also include a list of doctors in your area who are experienced in treating hair loss, plus an informative videotape.

Take the control you've always wanted, and do it now. Today, you don't have to take hair loss anymore.

*Data on file, The Upjohn Company.

Rogaine TOPICAL SOLUTION minoxidil 2%

Upjohn DERMATOLOGY DIVISION

SEE YOUR DERMATOLOGIST OR CALL

1 800 388-8432 ext. 703

For a summary of product information, see adjoining page.

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Rogaine®
TOPICAL SOLUTION minoxidil 2%

The only product ever proven to grow hair.

What is ROGAINE?
ROGAINE Topical Solution, discovered and made by The Upjohn Company, is a standardized topical (for use only on the skin) prescription medication proved effective for the long-term treatment of male pattern baldness of the crown and in females for diffuse hair loss or thinning of the frontal areas of the scalp.

ROGAINE is the only topical solution of minoxidil. Minoxidil in tablet form has been used since 1980 to lower blood pressure. The use of *minoxidil tablets* is limited to treatment of patients with severe high blood pressure. When a high enough dose in tablet form is used to lower blood pressure, certain effects that merit your attention may occur. These effects appear to be dose related.

Persons who use ROGAINE Topical Solution have a low level of absorption of minoxidil, much lower than that of persons being treated with *minoxidil tablets* for high blood pressure. Therefore, the likelihood that a person using ROGAINE Topical Solution will develop the effects associated with *minoxidil tablets* is very small. In fact, none of these effects have been directly attributed to ROGAINE in clinical studies.

How soon can I expect results from using ROGAINE?
Studies have shown that the response to treatment with ROGAINE may vary widely.

Some patients receiving ROGAINE may see faster results than others; others may respond with a slower rate of hair growth. You should not expect visible growth in less than 4 months.

If I respond to ROGAINE, what will the hair look like?
If you have very little hair and respond to treatment, your first hair growth may be soft, downy, colorless hair that is barely visible. After further treatment the new hair should be the same color and thickness as the other hair on your scalp. If you start with substantial hair, the new hair should be of the same color and thickness as the rest of your hair.

How long do I need to use ROGAINE?
ROGAINE is a treatment, not a cure. If you respond to treatment, you will need to continue using ROGAINE to maintain or increase hair growth. If you do not begin to show a response to treatment with ROGAINE after a reasonable period of time (at least 4 months or more), your doctor may advise you to discontinue using ROGAINE.

What happens if I stop using ROGAINE? Will I keep the new hair?
If you stop using ROGAINE, you will probably shed the new hair within a few months after stopping treatment.

What is the dosage of ROGAINE?
You should apply a 1-mL dose of ROGAINE two times a day, once in the morning and once at night, before bedtime. Each bottle should last about 30 days (1 month). The applicators in each package of ROGAINE are designed to let you apply the correct amount of ROGAINE with each application. *Please refer to the Instructions for Use.*

What if I miss a dose or forget to use ROGAINE?
If you miss one or two daily applications of ROGAINE, you should restart your twice-daily application and return to your usual schedule. You should not attempt to make up for missed applications.

Can I use ROGAINE more than twice a day? Will it work faster?
No. Studies by The Upjohn Company have been carefully conducted to determine the correct amount of ROGAINE to use to obtain the most satisfactory results. More frequent applications or use of larger doses (more than 1 mL twice a day) have not been shown to speed up the process of hair growth and may increase the possibility of side effects.

What are the most common side effects reported in clinical studies with ROGAINE?
Studies of patients using ROGAINE have shown that the most common adverse effects directly attributable to ROGAINE Topical Solution were itching and other skin irritations of the treated area of the scalp. About 7% of patients had these complaints.

Other side effects, including light-headedness, dizziness, and headaches, were reported by patients using ROGAINE or placebo (a similar solution without the active medication).

What are some of the side effects people have reported?
The frequency of side effects listed below was similar, except for dermatologic reactions, in the groups using ROGAINE and placebo. *Respiratory:* bronchitis, upper respiratory infection, sinusitis; *Dermatologic:* irritant or allergic contact dermatitis, eczema, hypertrichosis, local erythema, pruritus, dry skin/scalp flaking, exacerbation of hair loss, alopecia; *Gastrointestinal:* diarrhea, nausea, vomiting; *Neurologic:* headache, dizziness, faintness, light-headedness; *Musculoskeletal:* fractures, back pain, tendinitis; *Cardiovascular:* edema, chest pain, blood pressure increases/decreases, palpitation, pulse rate increases/decreases; *Allergic:* nonspecific allergic reactions, hives, allergic rhinitis, facial swelling, sensitivity; *Special Senses:* conjunctivitis, ear infections, vertigo, visual disturbances including decreased visual acuity; *Metabolic-Nutritional:* edema, weight gain; *Urinary Tract:* urinary tract infections, renal calculi, urethritis; *Genital Tract:* prostatitis, epididymitis, sexual dysfunction; *Psychiatric:* anxiety, depression, fatigue; *Hematologic:* lymphadenopathy, thrombocytopenia; *Endocrinologic.*

Individuals who are hypersensitive to minoxidil, propylene glycol, or ethanol must not use ROGAINE.

ROGAINE Topical Solution contains alcohol, which could cause burning or irritation of the eyes, mucous membranes, or sensitive skin areas. If ROGAINE accidentally gets into these areas, bathe the area with large amounts of cool tap water. Contact your doctor if irritation persists.

What are the possible side effects that could affect the heart and circulation when using ROGAINE?
Although serious side effects have not been attributed to ROGAINE in clinical studies, there is a possibility that they could occur because the active ingredient in ROGAINE Topical Solution is the same as in *minoxidil tablets.*

Minoxidil tablets are used to treat high blood pressure. *Minoxidil tablets* lower blood pressure by relaxing the arteries, an effect called vasodilation. Vasodilation leads to retention of fluid and increased heart rate. The following effects have occurred in some patients taking *minoxidil tablets* for high blood pressure:

Increased heart rate: Some patients have reported – a resting heart rate increased by more than 20 beats per minute; rapid weight gain of more than 5 pounds or swelling (edema) of the face, hands, ankles, or stomach area; difficulty in breathing, especially when lying down, a result of an increase in body fluids or fluid around the heart; worsening of, or new onset of, angina pectoris.

When ROGAINE Topical Solution is used on normal skin, very little minoxidil is absorbed, and the possible effects attributed to minoxidil tablets are not expected with the use of ROGAINE. If, however, you experience any of the possible side effects listed, discontinue use of ROGAINE and consult your doctor. Presumably, such effects would be most likely if greater absorption occurred, e.g., because ROGAINE was used on damaged or inflamed skin or in greater than recommended amounts.

In animal studies, minoxidil, in doses higher than would be obtained from topical use in people, has caused important heart-structure damage. This kind of damage has not been seen in humans given *minoxidil tablets* for high blood pressure at effective doses.

What factors may increase the risk of serious side effects with ROGAINE?
Individuals with known or suspected underlying coronary artery disease or the presence of or predisposition to heart failure would be at particular risk if systemic effects (that is, increased heart rate or fluid retention) of minoxidil were to occur. Physicians, and patients with these kinds of underlying diseases, should be conscious of the potential risk of treatment if they choose to use ROGAINE.

ROGAINE should be applied only to the scalp and should not be used on other parts of the body because absorption of minoxidil may be increased and the risk of side effects may become greater. You should not use ROGAINE if your scalp becomes irritated or is sunburned, and you should not use it along with other topical treatment medication on your scalp.

Can individuals with high blood pressure use ROGAINE?
Individuals with hypertension, including those under treatment with antihypertensive agents, can use ROGAINE but should be monitored closely by their doctor. Patients taking guanethidine for high blood pressure should not use ROGAINE.

Should any precautions be followed?
Individuals using ROGAINE should be monitored by their physician 1 month after starting ROGAINE and at least every 6 months thereafter. Discontinue ROGAINE if systemic effects occur.

Do not use it in conjunction with other topical agents such as corticosteroids, retinoids, petrolatum, or agents that enhance percutaneous absorption. ROGAINE is for topical use only. Each milliliter contains 20 mg minoxidil, and accidental ingestion could cause adverse systemic effects.

No carcinogenicity was found with topical application. ROGAINE should not be used by pregnant women or by nursing mothers. The effects on labor and delivery are not known. Efficacy in postmenopausal women has not been studied. Pediatric use: Safety and effectiveness have not been established under age 18.

Caution: Federal law prohibits dispensing without a prescription. You must see a doctor to receive a prescription.

Upjohn | DERMATOLOGY DIVISION

The Upjohn Company
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"Honey, you're a great lover . . . *not!*"

continued

answer was always the same. "Only you," she told him, and was almost the truth.

Almost, but not quite. "I did have a well-developed fantasy lif Janey says. "But I'd die of embarrassment if I had to describe t images and thoughts that flicker through my head when I aroused. I'm not sure I even know what all of them are about."

Many women tell the same kind of lie Janey did "becau they don't understand the nature of sexual fantasy," sa Barbara Anderson, M.S.W., Ph.D., a marriage, family and s therapist in Haddonfield, New Jersey. "They think fantasies a what we wish we had, when [they're] just as likely to be what wonder about or what we fear. Many fantasies would be imp sible or even illegal to act out, nor would we want to."

It's the *contemplation* of these images that we find pleasurab "Fantasies have nothing to do with how much you care abo someone," explains Judith Seifer. "If you tell a man that y never fantasize about anyone but him, he'll probably thin That's interesting; I fantasize about all kinds of things."

According to sex therapist David Schnarch, fantasizing abo another partner is one of the most common sexual fantasies. B "the woman who fantasizes about someone else while maki love to her husband will probably feel she's doing her partne favor by lying," he says.

Women are also hesitant to share their sexual daydreams w their husbands because they're afraid their fantasies will sou bizarre. But research shows that ordinary women have acti even perverse fantasy lives. For instance, in a recent study Australia, women reported that their most common fantas were about being watched while having sex, watching someo else having sex, and being forced to have sex. Simply bei aroused by such imaginings is not a sign of perversion. In fa many sex therapists consider even the most outrageous fantas a problem only if they cause a person distress.

Talking about your fantasies with your husband—as long you feel comfortable about it—can make your relationsh stronger. "It's a gift to have your partner share his priv world," says Barbara Anderson. "To return that gift is a r consolidation of trust and intimacy."

4. "You're a wonderful lover."

Katherine Vizniac,* forty, considers her seventeen-year m riage to her husband, Frank, solid and happy. But she adm she's frequently disappointed with their sex life. "I almost ways have an orgasm, so it's not that," she says. "It's the playf ness I miss, the touching and kissing. Sometimes I tell Frank touch me a certain way and he does, but by the next time make love, he's already forgotten. Afterward, he'll whisper, 'D you like that?' and it just seems more loving to say 'Yes, it w wonderful.' Since my husband does please me in so many otl respects, what's the harm?"

Like so many women, Katherine accepts tepid sex in order avoid conflict in her marriage. "Women say these things to kind and loving, but the actual effect is just the opposite," wa Cheryl Rampage. "If it's not okay to tell your husband how could be better for you, you're building a complex set of expe ences around misinformation. That's likely to have an adve effect on the relationship and to constrict sex even more."

To tell your husband how sex could be more enjoyable without sounding like you're blaming him—keep the empha on you, suggests marriage and family therapist Lori H. Gord director of the PAIRS (Practical Application of Intim Relationship Skills) Foundation, in Falls Church, Virginia. S "I really appreciate . . . I really like . . . " Ask for his help: "I wo love to feel the chemistry between us; what do you sugges "I've been realizing that sex could be better for both of us; w do you think?" Then, offer specific suggestions: "I really n to feel turned on before we get into bed. I would love it if y

touched me a certain way. What I think would help me is..."

Painful or scary as this conversation may seem, you need to begin a dialogue to improve things. "If you don't speak up, your husband will assume he's doing it right," says Judith Seifer. "The women who come into therapy and say that sex is in a rut are the same women telling their husbands that sex is good for them."

5. "Not tonight, honey, I have a headache."

Victoria Raleigh,* twenty-seven, a dental hygienist and mother of two, remembers when she and her husband, Ken, had a lusty sex life. But ever since their daughter was born four months ago, things just haven't been the same. "Sometimes I say I'm too exhausted to make love, and often that's the truth," says Victoria. "But it's mostly that sex just isn't on my mind right now, so I'll say I'm too tired when I'm really just not in the mood. Other times, I'll feel I'm being unfair to Ken, so I'll just go along."

Most women have felt the way Victoria does at one time or another. In fact, it's quite common, experts say, for couples to be mismatched in terms of their overall libido, and for levels of arousal to vary depending on circumstances at any given moment.

For instance, a new mother probably won't have much sexual desire for a while, but she doesn't have to lie to her partner about it, says Cheryl Rampage. "You can agree to participate in some closeness and physical contact, like kissing or caressing, just to see if it does lead to a greater level of arousal—along with the understanding that you can say yes or no at any point."

If you really are too exhausted, don't avoid your partner to avoid sex. "There are many different ways to say 'I'm not interested in sex right now, but I enjoy being with you,' " says Judith Seifer. "Telling him you have a headache and turning your back toward him when you get into bed is an overt rejection. Instead, say 'I just don't have the energy tonight. Let's curl up and watch a movie together.' "

Finally, perhaps it's time to start asking ourselves why women are the ones who have to make up the sexual excuses, says sex educator Elizabeth Mooney. "This is much more than a communication problem. It goes back to the old cultural myth that men should have access to 'their' women. It has to be okay for a woman to tell her husband the truth: 'Let's just cool it. It's been a lousy day.' "

When dishonesty *is* the best policy

Is it *ever* okay to lie to your husband about sex? Although experts agree that lying is never worth the potential damage it can do to a relationship, there are times when a situation does call for more tact than truth. "You can give and protect at the same time," says Seifer. "When he asks if it was good for you, too, you can say, 'I didn't have an orgasm, but I really enjoyed all the kissing and touching, and I loved how you felt inside me."

Telling the truth is also uncalled for if you're using it to get revenge. For instance, if you're angry at your husband, letting him know that you've been fantasizing about sex with his best friend is cruel. "There are situations in which honesty serves no purpose other than to hurt," says Seifer.

Your own feelings are the best indicator. "If your wish for a more sensual or responsive lover is a constant source of dissatisfaction in your sex life, it's probably something you need to bring up," says psychologist Bernie Zilbergeld. "It's relevant at some point to say, 'I really enjoy our sex life, but do you know what would make it even more terrific for me?...' " and tell him.

No wonder we lie. Sex is a delicate dance between two people in which the themes of power and control reverberate—the perfect climate for miscommunication. "Women are now more sensitive to these issues than ever before," says Cheryl Rampage. "Twenty years ago, we accepted the dominance of the male in and out of bed, and now we don't. Women are feeling some confusion and doubt about how okay it is for us to express our fantasies and ask to have our sexual needs met. We're still finding our way."

But with honesty and the belief that we deserve satisfying sex lives, find it we will. ■

Lesley Dormen writes frequently about sex and relationships.

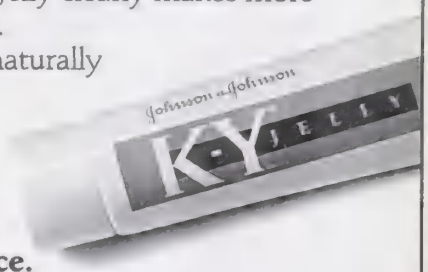


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WHAT KIND OF MAN GOES TO TOPLESS BARS? WHAT KIND OF WOMAN WORKS THERE? AND WHY HAS THIS SLEAZY TREND RESURFACED? A SURPRISING SPECIAL REPORT

"I was a topless dancer"

Whenever I hear Tina Turner's song "Private Dancer," I start to cry and remember with sadness—and some shame—a time not long ago when I wore sexy costumes and performed in nightclubs. I won't deny that



it was exciting, and I loved the independence and money. But I'll never go back to that world again. The emotional cost was too high.

I was introduced to go-go dancing in the late seventies, when I was just out of college and broke. I dreamed of an acting career, yet all I'd landed so far was one small job playing a chorus part. When I wasn't auditioning, I posed nude for art classes to pay the bills. The job was creative and professional, so I never considered it exploitive.

One day, a fellow model suggested I try topless dancing. She said it wasn't so bad, and the money was great. At first, I was appalled. To me, there was a big difference between being an art model and being a sex object. Besides, I came from a good, educated Episcopalian family. What would my parents think?

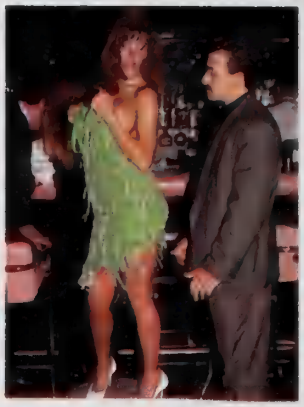
Then there were my looks. Although I was considered pretty—I had blond hair, blue eyes and a well-proportioned five-foot-six-inch frame—I was self-conscious about my big nose and felt chunky at 135 pounds. In all, I seemed an unlikely candidate.

On the other hand, though I was shy, I thrived on attention and applause. When I wasn't in a play or showcase, I got depressed. This desperate need to be noticed often led me to take risks and do zany things without thinking.

It was this sort of impulse that led me to walk into a topless bar in Manhattan. I had no idea why I was doing this, only that I was tired of being rejected as an actress and of surviving on tuna and spaghetti. The owner looked me over, then said he'd give me a try.

That first experience was dreadful. I felt nervous and awkward as I faced an audience of leering men. I realized right away that my costume—I'd brought an old bikini and took off the top during my act—was wrong. The other dancer wore a flashy G-string and heels, and the guys were giving her more money.

I went home that night *(continued)*



The last male refuge

It's Wednesday night, and Rick's, a topless bar in Houston, is pulsating. As nearly nude women on three stages undulate seductively to music, another eighty dancers circulate among the business-suited crowd of oil executives, bankers and lawyers. Some of the women, stripped down to G-strings, will chat briefly with a customer, then stand in front of him for an up-close performance. Bill*, a computer technician, shrugs when asked why he lies to his wife and drops large chunks of cash to come here twice a month. "Men like to watch women," he says, "and these women are good to look at."

This scene is a typical—and an increasingly common—sight at *(continued)*

To give you more coverage, we really had to overextend ourselves.

New Carefree Longs

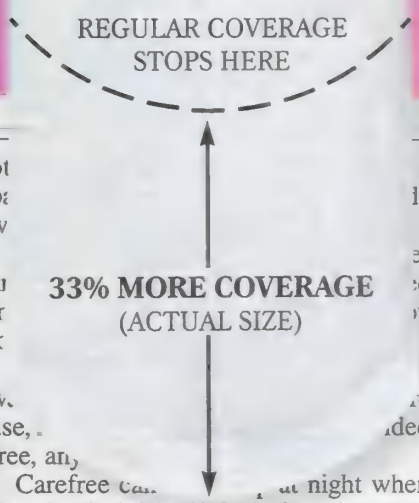
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Carefree ca… …at night when flow is diminished. Or before the onset of your period. As insurance against any "surprises." But menstruation is not the only reason for panty shields. We can all get a little discharge from time to time, and as common and normal an occurence as it is, a panty shield can help shield even your prettiest, most fragile panties from the resulting stains or odor.

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And, for those of you who prefer it, Carefree just introduced their new longer panty shields to provide more coverage than ever. In fact, they are the longest panty shields on the market and a marvelous help even if, like most women, you're always on the go. You see, some smaller panty shields can shift or bunch up and leave your pretty pant- ies unprotected when your busy day really gets going. That's less likely with Carefree's new longer panty shield.

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Topless dancer
continued

with $80, disgusted with myself. I danced a few weeks longer, then called in sick and was fired. Relieved, I swore never to dance again. I was too refined for that sort of life.

Yet just a year and a half later, I broke that vow during a cross-country trip with my boyfriend. After weeks of traveling, we were stuck in Florida, miserable and broke. Todd found a job but suggested I try dancing again to tide us over until his paycheck came in.

I was hired in a club where, for the first time, I began to understand the allure of this experience. I was fascinated by the girls; they were young and tough, with street smarts to make up for their lack of formal education. I loved their elaborate costumes—a dazzling array of glitter, leather and gold—as well as their camaraderie and lively chatter. I wanted to be a part of it.

After a few weeks, Todd and I broke up, so I moved back to New Jersey, where I resumed auditioning for acting jobs by day—and dancing in local clubs at night. Those first few months were nerve-racking, but the customers were sympathetic and would often tip me just because I was new. They were friendly, regular, all-American guys: salesmen, construction workers, truck drivers.

The easiest way to make money, the men advised, was to do "floorwork"—lying down and spreading my legs. I wasn't sure I wanted to do something so suggestive; however, after watching the other dancers rake in the applause and attention, my competitive instinct got the better of me. I actually started to enjoy performing.

I kept telling myself that I'd be dancing only for a little while, until I got that big break. But the small theatrical roles I got didn't pay well—and the more I made from dancing, the more I spent on the costumes, jewelry, shoes and makeup I needed. I figured that as long as I couldn't make a living by acting, I might as well do something that made a lot of money.

Besides, I was proud to be successful at something that I was truly good at. I freely told friends, acquaintances and boyfriends about my dancing.

I felt completely free and euphoric during those early years. I'd come home exhausted but happy, with plenty of cash in my pocket. My salary was $17 to $20 an hour for a seven-hour shift, plus several hundred dollars in tips per night. My best day was the time a customer threw hundred-dollar bills at me. I made nearly $1,000!

Even though I filed taxes every year, I had so many deductions that I never owed anything. I could afford singing and acting lessons, a therapist, a hairdresser, and all my costumes. I also bought marijuana: Like many of my fellow dancers, I had discovered drugs and was smoking three joints a day.

My self-image changed along with lifestyle. Gone was the shy, plump gi baggy overalls. For the first time in life, I felt beautiful, powerful and s Why not? Handsome men told me a h dred times a day how gorgeous I wa felt as though I could seduce any g wanted—and I often did. Unfortuna my affairs made it impossible to main normal relationships. I constantly che on my boyfriends.

Within four years, I was considered of the best and most risqué dancers in state. Technically, topless dancing wa legal in New Jersey, but each club ha own set of rules. Some bars requi dancers to stay covered; others let us w see-through clothes or flash our bott In fact, the restrictions worked to my vantage. The men knew they had to me well if they wanted to see anything

As my inhibitions were lost, so was common sense. If a customer said so thing obscene, or if I felt degraded (often did), I'd just smoke another j and dream of all the money I was mak

I don't know when it was that I be to realize this roller-coaster ride coul go on forever. I guess it was about years into the business. Maybe it was day I got high with two customers in t pickup truck and ended up in a fi where they refused to drive me h until I had sex with them. After it over, I was so devoid of feeling it frightening. I knew then I must reall hurting emotionally.

I remember, too, getting busted lewd exposure, having my purse snat at a bachelor party, customers telling had cellulite, trips to a sports-medi doctor for leg injuries and varicose vei

Most of all, I remember countless sions with my therapist, crying my out, wondering why I had started dan in the first place and how I was ever g to get out of it.

Even so, leaving the business was hardest thing I've ever done. Most o older dancers talked of nothing else, was grappling with the painful realiza that if I wanted a real career, I'd hav give up my dream of being an actress.

Finally, one day in March 1986, so thing compelled me to buy a paper look through the want ads. With a frie help, I pulled a plausible resumé toge One of my customers agreed to be listed reference, and I included my acting cred

After a week of interviews, I land position as a tour guide. The pay was rible, but the job was so interesting I di care. I continued to dance part-time ju make ends meet; after a couple of yea was able to quit dancing altogether.

Today, I am a full-time graduate stu pursuing a career in education. I rece my master's degree in education spring, and I plan to go on for my doct

I can teach at the college level. It was ugh going back to school, but it forced e to organize my life.

In the early morning, when I'm writing pers, I often reflect upon my former life. no longer punish myself for having done it. When I remember the terrible things about the job, I know that I was lucky to get out. It makes me appreciate how wonderful it is to be on my way to a truly fulfilling career. I owe $11,000 to my graduate school—and it feels great. ■

The last male refuge

ontinued) the new breed of upscale topless bars. No longer confined to sin rips, exotic dancing is now trendy in traditionally off-limits neighborhoods; at ast one Manhattan club—Stringfellow's—boasts a Gramercy Park address. he nation's fifteen hundred go-go bars make an estimated $3 billion annual- much of it from its new white-collar clientele. A spokesman for Rick's says at 70 percent of the club's charge sales go on corporate expense accounts.

What goes on inside many clubs, however, is the same risqué business as sual. In addition to the traditional bumping, grinding and stripping, men can uy "private dances." "Lap dancing"—illegal but available in many states—inolves a seminude dancer gyrating on the client's lap.

Why the resurgence of this off-color entertainment? "I think safe sex has a t to do with it," says Don Waitt, publisher of *Exotic Dancer*, a directory of esblishments across the country. "Some of the onus that was on it ten, even e, years ago is gone."

The patrons themselves say it's simply good old male bonding. "It's a way have fun with a bunch of guys," says John,* a teacher from Dayton, Ohio. ll Floyd, Rick's general manager, agrees: "A man can come here for an hour two and fantasize that he's with some young, gorgeous girl who thinks he's e greatest thing since sliced bread, and he runs no risk of a sexually transtted disease or being unfaithful to his wife."

Not everyone buys the theory that topless clubs are innocuous, however; any feminists find them deplorable. "The trend seems to be a reversion to a humanizing sex object," says Betty Friedan. Norma Ramos, general coun- l for Women Against Pornography, adds that men tend to carry the image women as bimbos into the workplace. "These are lawyers and stockbrors—men in positions to hire and fire women," she says. "If this is their attide, can they be trusted not to discriminate?"

The dancers scoff at the insinuation that their profession is degrading. na,* twenty-seven, who earns an average of $400 a night, maintains, "I go me with my pockets full of cash, and the men go home with nothing. Who's ploiting who?"

Critics contend, however, that the surroundings can encourage alcohol or ug addiction. "It's cyclical. When you're high it's easier to dance," says acy*, twenty-one. "And if you're dancing, you have an income to buy the ugs." Prostitution is another trap; vice officers in Los Angeles, New York, uston and Chicago estimate that at least 25 percent of topless dancers n tricks on the side.

Perhaps the biggest threat topless clubs pose, though, isn't to the dancers t to marriages: About 40 percent of patrons are also husbands; and for all ir talk of good, clean fun, most men don't tell their wives. Manhattan sex therist Shirley Zussman sees club attendance as flirting with temptation. "This is re of a hands-on activity than stimulating the imagination," she says. "If a sband continues to go there, the wife has a right to feel very upset."

While some spouses claim they don't mind, not all women are so understand-. When Betty G., a Pennsylvania housewife and mother, learned her husband s a weekly customer, she went to the *Sally Jessy Raphaël* show, and the ow's staff helped her dress up as a man and surprise him in a club. "It made very angry," she says. "He goes there, what for? To look at these girls as an petizer and finish me as the meal? No, thank you." —KATHRYN CASEY

ame has been changed.



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The art of the deal

Negotiating is one of the best ways to save money. But according to Leonard Koren, co-author of *The Haggler's Handbook* (W.W. Norton, 1991), most of us aren't as effective at it as we'd like to be. Here, his strategies for getting what you really want.

DON'T BE INTIMIDATED

Anything is negotiable—from items in



department stores to professional services. Retailers are aiming for a 100 percent markup on their products; if they get only a 60 or 70 percent markup, that's better than letting an item go unsold.

Professionals who work for themselves would also have you believe it's unseemly to talk about prices. But remember that it's a competitive market. Plumbers, electricians and decorators, for example, set their own policies, so they can lower their fees.

DO YOUR HOMEWORK

Check on prices ahead of time. If you're looking at cars, for instance, you can find out what dealers pay for each model by reading *Edmund's New Car Prices*, available at libraries and bookstores. For other purchases, learn all you can by reading *Consumer Reports*.

PREPARE YOURSELF

For any large deal, such as negotiating the price of a house you're trying to buy, always rehearse first. Write out your arguments, then practice in front of a mirror. Remember, you should be more prepared than the person you're approaching. That way, you'll have the upper hand.

PUT IN YOUR HOURS

To get a better deal on a big purchase, spend lots of time with the salesclerk, looking at different models and asking questions. Eventually, the salesperson will feel that she's invested a lot of effort in you, and she'll be more willing to take a smaller commission or throw in free extras.

BE FIRM BUT FRIENDLY

The more pleasant you are, the more likely it is that people will make exceptions for you. Projecting a positive attitude can help. For instance, if you say to a salesperson, "I know it's within your power to lower the price on this suit," chances are greater that it will happen.

TAKE A BREAK

If you're not sure whether to agree to a given proposal, simply say to the other person, "Your offer sounds good; let me think about it overnight, and I'll get back to you."

SUM IT UP

In big negotiations, specify exactly what it was you settled upon at the end of any bargaining session. If possible, commit the summary to writing. Otherwise, you run the risk of one of you forgetting what was agreed to or, worse, the other person's trying to take advantage of you.

—Sarah McCraw



SCORE ONE FOR WORKING MOMS

While it might seem logical that working women with families would be more stressed out than their single colleagues, new research shows that family roles may help insulate them from job tension.

Psychologists at the Center for Research on Women at Wellesley College, and at Harvard University, studied 305 nurses and social workers and found that women with families were less likely to experience anxiety and depression as a result of work problems.

Why? Families provide an important support system; what's more, having multiple roles—being both a worker and a family member—means less emotional investment in each area and, hence, less pain when things go awry.

Now, if these working moms could just get their husbands to help out with the housework . . .

—Nadia Zonis


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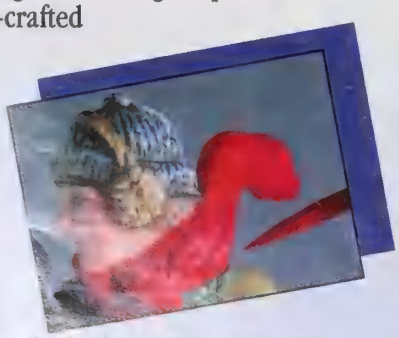
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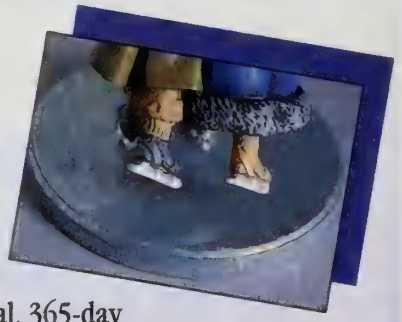
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The best stress relief

The next time you're teary-eyed, don't be afraid—or embarrassed—to let your feelings out. The happy truth is that crying is good for you—emotionally *and* physically, says biochemist William H. Frey II, Ph.D., research director of the Dry Eye and Tear Research Center at the St. Paul–Ramsey Medical Center, in Minnesota, and author of *Crying: The Mystery of Tears* (Harper & Row, 1985). In fact, 85 percent of the women and 73 percent of the men Frey studied reported feeling better after they cry. "Tears may literally help cleanse our bodies; they play an important biological role in reducing stress," he says. "Since we know that stress can aggravate all kinds of conditions, from ulcers to hypertension, even colitis, it may be a mistake *not* to cry."

Frey made the tear-stress connection by analyzing thousands of teardrops. He discovered that they contain hormones that our bodies produce when we're under pressure. When we cry, Frey believes, those stress hormones are washed away, and we feel better.

Not surprisingly, women reap more from weeping. Females cry four times more often than males do. Part of the reason is biological: Women produce more prolactin—a hormone that promotes tears—and have larger tear glands. More important, though, adds Frey, is our cultural conditioning. It's still more acceptable for a woman to show her feelings than it is for a man. "Boys are taught at an early age that to cry is a loss of control, that male crying is bad," he says. "We have created the James Bond ideal—that men should have a stiff upper lip. When boys are given [that] message, they eventually disconnect from their sad feelings."

But even someone who's been dry-eyed for years can learn to shed a few tears. "You have to get in touch with sad feelings, and sometimes this requires the help of a therapist or a support group," he says. "You have to reconnect with deep feelings you've suppressed."

Finally, learn to forget about society's taboo on tears, says Frey. "It's okay to cry; we don't have to be strong all the time. There's no need to deprive ourselves of the natural, healthy release of emotional tears."

Pass the tissues.

—NANCY STESIN

Reflections on love

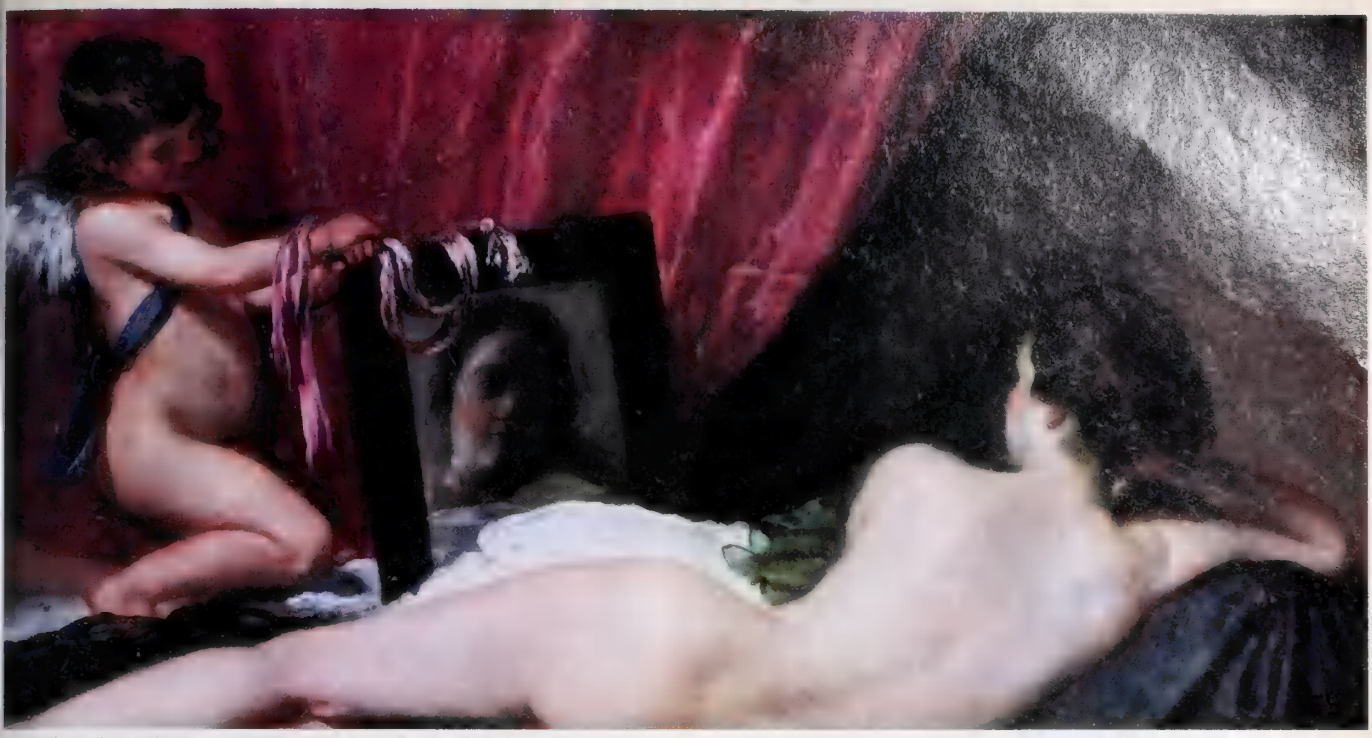
In his new book, *Born for Love*, best-selling writer and teacher Leo F. Buscaglia, Ph.D., says that love is something we learn about throughout our lives and that we must continually work at it to be truly happy. Here is one of his reflections on the art of loving. Think about how his words apply to *your* life.

A healthy love of self

What we do not have, we cannot give. To love another, we must first love ourselves. Still, there persists the idea that to love oneself is an egocentric, infantile, destructive notion. It was given passionate expression in the sixties and has since remained suspect as a sound concept.

But if we truly love someone, it follows that we want them to have the best we have to offer, for their sake as well as ours. It is through an understanding and acceptance of ourselves, our needs and what we require for happiness that we can comprehend and appreciate the needs of others. Love has acquired its tenuous reputation because it has been, for so long, left in the hands of amateurs who distrust it and themselves. —LEO BUSCAGLIA

From BORN FOR LOVE, by Leo Buscaglia. Copyright © 1992 by Leo F. Buscaglia. Published by SLACK, Inc. Distributed by Random House, Inc.



nus and Cupid, (Detail) Diego De Velázquez, National Gallery, London

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Connie Francis Who's sorry now?

Once one of America's top singers—and still a popular nightclub headliner—Connie Francis has been fighting for her sanity for almost a decade. In and out of hospitals, she bravely struggles on. Here is her heartbreaking story

BY KATHRYN CASEY

A door opens, and Connie Francis walks down the aisle into the capacity audience. Before she even steps onstage, the Atlantic City crowd rises to its feet and applauds. Some well-wishers give the fifty-three-year-old singer a thumbs-up for encouragement. Others whistle shrilly as the twenty-three-piece orchestra breaks into the familiar melancholy strains of "Who's Sorry Now."

Draped in white silk and silver beads, her ink-black hair piled high in curls, Connie is a hit even before she sings a single note. There's little doubt that this is her crowd. As the entertainer segues into "Let Me Try Again," Mary Turnbaugh, a fifty-five-year-old fan who drove down from Rhode Island, turns and points at the diminutive figure onstage. "That lady's been through a lot," she says. "She deserves good luck from here on out."

But good luck is something that's eluded Francis for almost thirty years now. Gone is the sweet-faced innocent who belted out pre-Beatles anthems like "Where the Boys Are." The singer who once boasted hit after hit (thirty-five, to be exact) hasn't had a Top 40 tune since 1964. And in her personal life, things have been even tougher. First, in 1974, she was brutally raped in a Westbury, New York, hotel room. Then in 1981, her only brother, a lawyer, was gunned down in his driveway by hit men. Two years later, Connie began to have such dramatic mood *(continued)*



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swings that her father had her committed to a mental institution, where she was eventually diagnosed as manic-depressive. And though she was prescribed medication to control the illness, she didn't take it steadily, thus condemning herself to some terrifying relapses.

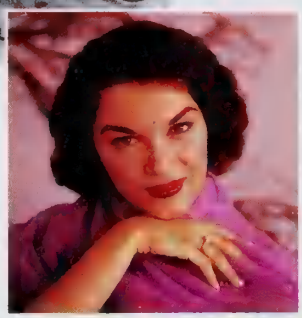
In short, these years have not been easy ones for the legendary singer. Sitting in her Atlantic City hotel room the day after her performance, Connie says, "I relax only when I'm in front of an audience. It's the only time I really know who Connie Francis is."

Daddy's girl

Concetta Franconero, of Newark, New Jersey, seemed like a show-biz natural from her earliest years. At the age of three, Connie began playing an old concertina. Her parents—a roofer and a housewife—encouraged her to sing, too. By the time she was just nineteen, she had recorded her first hit, "Who's Sorry Now." Her father even quit his job to manage her career.

But his fatherly concern came to seem suffocating to the newly successful singer. She accuses him of having tried to run her life and charges that he broke up the romance she had with the singer Bobby Darin early in her career. (Her father declined to be interviewed.)





Connie in earlier days (right) and as one of the girls wondering where the boys are in 1960 (above)

"There are a lot of things I would like to change," Connie says now, with more than a tinge of regret. "The main thing is not to have permitted my father to have exerted as much control over my personal and my professional lives. We all tr please Daddy. . . . I didn't think I worthy, so I made all the wrong choic Connie has other regrets as well, like men she's chosen for husbands. "I r ried losers because that's all I thoug deserved," she explains. Of her four bands, the only one Connie has a g word for is her third, Joe Garzilli, remains her current manager.

She credits Garzilli with helping through the dark days that followed November 1974 attack by an intru who forced his way into her hotel ro He raped her at knife point and left naked, shaking and trussed to a c under layers of mattresses. The po investigated but never prehended her attac Connie, however, sued hotel chain and was awa a $2.5 million settlement.

Overcome by fear rage, she then locked he in her home. She bec such a recluse that, she s it eventually destroyed marriage to Garzilli. "I wasn't the same person," says. The only good she remembers ing that period was the arrival of t adopted son, Joey, one month after rape. It was Joey, Francis says, who her the will to live.

ROAD TESTE

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To this day, however, the rape continues to haunt her. When she's troubled, her dreams still take her back to that night eighteen years ago. "I'm on the stage in Westbury," she says of her dream. Every night it's the same thing. I look out into the audience, and I see his face everywhere."

A new terror

Sadly, for Connie, the rape was just the beginning of a string of misfortunes. First, plastic surgery to shorten her prominent nose went awry and, she says, temporarily damaged her singing voice. Then, in 1981, her only sibling, George, was gunned down. He'd been implicated in a land-fraud scheme and had, reportedly, agreed to cooperate in the investigation (which targeted organized crime) in exchange for immunity. The police never solved the murder.

Though Connie tried to carry on—even returning to Westbury the next year to give a concert in an attempt to exorcise her demons—she began to spin wildly out of control. She was keeping a hectic pace: touched by the letters she had received after her rape, she gave speeches, testified before Congress and lobbied state and federal legislators for victims' rights. But staying on course became increasingly difficult for her.

By 1983, she had become so volatile and unpredictable that her father had her committed to a psychiatric hospital. He went before a Texas judge, saying that Connie was a danger to herself and to others, citing an altercation she had had with her hairdresser. Connie doesn't deny it: "He got out of line, so I punched him." Still, Connie maintains, her father went too far: "I never needed that," she says angrily. "All I ever needed was a vacation."

But doctors didn't agree; they diagnosed Connie as manic-depressive. The disease, which is thought to be genetically linked, is believed to cause a chemical imbalance in the brain that triggers an exhausting, frightening spiral of frenzied highs and despondent lows. Sixteen percent of manic-depressives commit suicide—the highest figure for any mental malady. And although she was prescribed tranquilizers to control her mood swings, Connie refused to take the medication that she so desperately needed.

Finally, in 1984, she hit bottom. In the midst of a deep depression, she swallowed sixty Seconals one night in her New Jersey home. Her maid discovered her, unconscious, and called an ambulance. Connie spent three days in a coma. "I just wanted out," she says. More therapy and medication followed during the next few years—but so did at least ten more hospitalizations, some of which included shock treatments intended to jar her out of her depression.

During this period, Connie suffered from paranoid fantasies. Her longtime friend, music maven Dick Clark, remembers the time she believed she was the target of a White House plot. "She can say dreadful things," he observes. "You have to keep reminding yourself that this, too, will pass and that you are not dealing with a person who is in control."

In December 1985, she was arrested in Atlanta for refusing to put out a cigarette on a jet that was refueling. Then, one month later, Francis was taken into custody again after cursing at guests and threatening a policeman with a broken champagne glass in the lobby of a Coconut Grove, Florida, hotel where she was staying. She was taken to a psychiatric hospital again. This time, she was prescribed lithium for her condition.

She managed to stay on the medication for a short time but then fell into an on-again, off-again pattern throughout the late eighties. By October 1991 she had stopped taking lithium at all because, she says, it caused her to gain weight and she "didn't feel sick anymore."

And so the horrifying cycle began anew. "I believed I was the Holy Spirit. I believed my phone was bugged and that there were FBI and CIA plots against me," she confides sadly. In a *(continued)*





Connie Francis

continued

period of sanity, Connie signed he into a New York clinic. She was pu antipsychotic medication as well as um. Finally, she remembers wakin one night in her hospital bed and fe well. "It was like things made s again," she says with confidence. In January, she was released.

Ex-husband Garzilli is relieved–encouraged—by her recent progress. only thing that can hurt her is hersel says. "When her lithium levels are rect, she's an absolute doll." Connie ly understands that, too. "I'll never g lithium again," she says with confid "I know I can't. I need it. I can't do again to the people who love me."

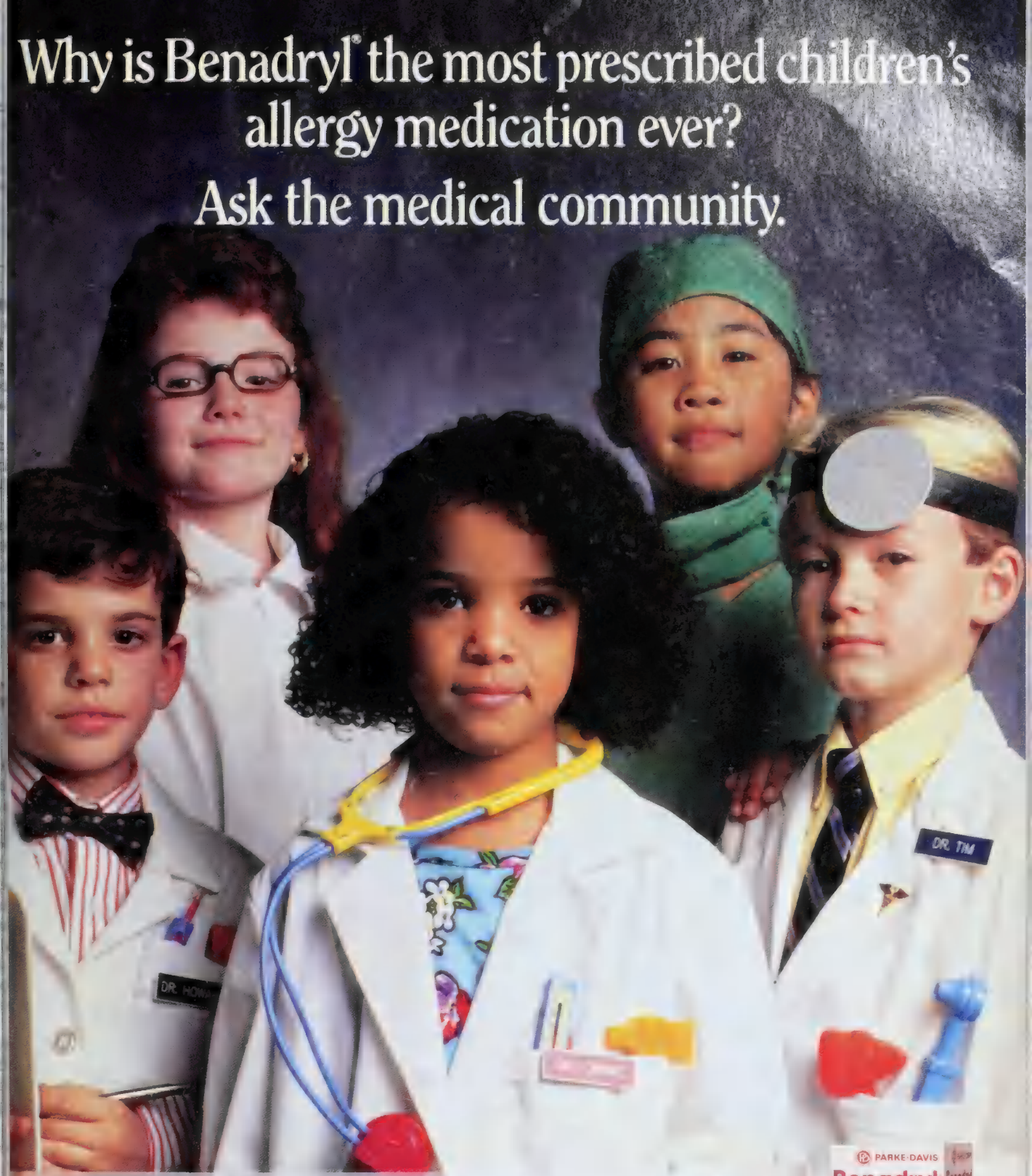
These days, Connie is back or singing circuit, appearing regularly i Vegas as well as Atlantic City. Offs she divides her time between her Jersey home and a condominiu Florida. As he has for many years, he Joey, a handsome seventeen-year-old has plans for medical school, lives Connie's sister-in-law, not far fron singer's two-bedroom apartment in Jersey. Garzilli says neither his Connie's lifestyle is appropriate for ing a child, and the arrangement way of giving Joey some stability. "W she's in Jersey, Joey spends a lot of with Connie," he says.

Now that she appears healthy an laxed, Connie seems determined to r a sense of stability in her own life says she's planning a new show and she may record again in the not-toc tant future. She's also at work on a n script detailing her life story. Anc wants to make the talk-show roun give an encouraging message to th tion's manic-depressives. "There are of people out there who don't even l they have the disease," she says earn "I want everyone to know there's for people who do.

Has Connie's luck finally chan Will she be able to live a normal l last? "I'm determined," she says sir Is determination enough to keep demons at bay? No one knows.

Still, for the time being, all seems Tonight, Connie is back onstage. voice is in good form, strong and The audience loves it as the singer, blue-and-white-satin cheerleader's o belts out "V-A-C-A-T-I-O-N." A m the audience shouts, "Connie, marry Francis grimaces and says, "Sure, w were you when I was marrying all stiffs?" Everyone laughs. A minute she walks offstage toward her dre room for a quick change. Her eye glistening, her smile, broad. Co Francis looks happy at last.

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The summer visitor

Just what Jo needed when her marriage was starting to fray: a curvaceous, flirtatious teenager who made everyone fall in love with her—including Jo's husband

BY JANE SHAPIRO

The winter had been long and full of marital uncertainties, everything from the merest quibbles to the most alarming misunderstandings. Finally May came, and I got a call from Italy, from an old, not very close friend—I didn't realize this was that fantasied thing, the unexpected phone call that changes your life.

On the phone was Paolo, one of my husband Willie's and my mythic figures—marvelously tall, effortlessly potent, deeply intelligent, violently charming. Paolo had a sixteen-year-old daughter now, who had been out of school this year—family matters—but wanted to take a look at the Ivy League: one month, perhaps two, and might she come to us? Years before, on our first trip to Europe, Willie and I had met the daughter—a tiny girl with black hair curling to her waist. She had eaten gelato, silently stuck her spoon up for William to lick. Sure, we said, send her over.

In the airport, Alessandra came toward me and William and Nora and Zack where we stood gaping on the industrial carpet—small and elegant, with hair spilling down, white-blue eyes in a pale face. She wore a tiny leather outfit, Florentine boots on her little hooves. William hesitated, then glided toward her like a groom.

We were bewitched. Alessandra was calm. She did well in the heat—stepping out of the airport into gray boiling air, she became, if possible, even more composed. She took her place in back with the kids—three small people lined up, two grade schoolers sweating in T-shirts with wet hair clinging to their foreheads, one bisque doll in bronzed leather. She was planning to be an actress or a politician after college in the States. Her scores would of course be low, but the interview would be a crazy success. She had left, back in Rome, a thirty-two-year-old boyfriend pining. He was a worthy man, sad and kind, who owned two Trastevere bakeries and some other, more profitable businesses.

Nora and Zack gazed at her. Into the front seat, Alessandra talked *(continued)*

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on. "This situation is strahnge," she said. That the splendid owner of bakeries could not yet see that she would become—what? become older, pass by?

"Outgrow him?" I said. She liked the locution, and she liked me: Outgrow was precisely the word.

On the way into town, Alessandra cried, "I like this bridge verry much. It's verry—" helpless large gesture—"good! Always I think when I come to cross a bridge: My life will change!"

William, at the wheel, threw back his head and released a cathartic laugh, long and loud. He was grinning, wildly flushed, driving fast. Zack and Nora said, "Ground control to Major Dad! Come in, Dad!" Alessandra looked puzzled, continued to smile. I continued to smile.

The first night, she wrapped my apron twice around her and made linguine carbonara, breaking eggs tidily and fast, toddling in with the platter.

The second night, she asked if she could sit in my place because the chair was higher. We all changed seats, twirled our pasta, smiled at her.

On Saturday, William took Alessandra to the wine store to look at the Chiantis and Barolos. They ran into Willie's law partner, David Grieves, and his wife, Jill, who actually looked rather like Alessandra herself; charmed by the resemblance, Alessandra invited the whole Grieves family to dinner. All afternoon she worked in the kitchen, making biscotti and osso buco and porcini sauce. At dinner she told Jill and David about her future acting career, her thirty-two-year-old boyfriend and her plans for Yale; walked behind each of the kids and yanked their chairs straight; poured Vin Santo into shot glasses, tossed hers back. Jill Grieves had brought amaretto cookies for her, and Alessandra showed the kids how to curl the paper wrapper and set it on fire so that it lifted off the table and rose and became black ash drifting above us. We all gazed up, unable to imagine life before Alessandra.

David Grieves brought over his old Vespa, and we all lined up on the lawn and watched Alessandra swoop back and forth as if she were wearing a plumed headdress and riding a spirited steed, bareback. Dismounting, she rushed to William and told him, "I like always to be at the control!"

Alessandra interviewed at Columbia and came back reporting the school appeared "disorganized" and "without power." She lay Zack and Nora down on the lawn and rubbed their legs. Zack came inside and went out with his new Knicks T-shirt and handed it to her where she lay in the deep grass. "That was your favorite shirt," I later. He whispered, "That's okay."

They started calling her Sa William started calling her "Sahn Walking by the TV room at night, I h William say, "Too easily faked ou body fakes, shoulder fakes and fakes." It was summer, and although ketball wasn't on, he was explaining ketball *because of her T-shirt*. He'd grinning, "*You have to comprehend own T-shirt.*" Alessandra was sitting to him on the rug, in an artless, am posture, a sexual half-crouch, hold pillow against her: She looked l woman playing Spanish guitar. Wi tried to capture in words the feeling ing inside Madison Square Garden: *thumping powerhouse event* where spectator is *throbbing along*." "Hi," I to them. "*Hi!*" they cried, like twins.

There was a parade downtown, ly sponsored by the borough the university, to celebrate years of placid, nourishing congres tween town and gown. Leading marchers, the university presiden the provost, two medium-size, tent looking men, rushed along at the si the mayor, a tall, beautiful woman picture hat. They all marched pro they knew themselves to be inextri linked, their bond to be, however ur indissoluble. I didn't go.

Coming back in, Nora found my ding ring in the driveway, flattene still gleaming. "How could this get side?" she asked.

"Oh, thank you! I lost this!" I trill

"You *lost* a ring for your marri She put on her Wilma Flintstone and tapped her foot. In fact, I had th it out, the winter before, at a true m nadir. Willie had hurled a cupcake a hard, like a hardball, cake shatterin raining down, chocolate icing sme the wall, and I had rushed to the stripping off my ring, and thrown into the night. It had been a terribl ment, and we had struggled to put hind us. "How was the parade?" I sai

"Verry American. Wanderfool."

Nora said, "How does a wedding get lost outside?"

"*I lost it, honey.*"

"That's a hot one," Zack said.

Nora gazed at him gratefully and "I love that saying: 'It's a hot one.' took Alessandra's hand.

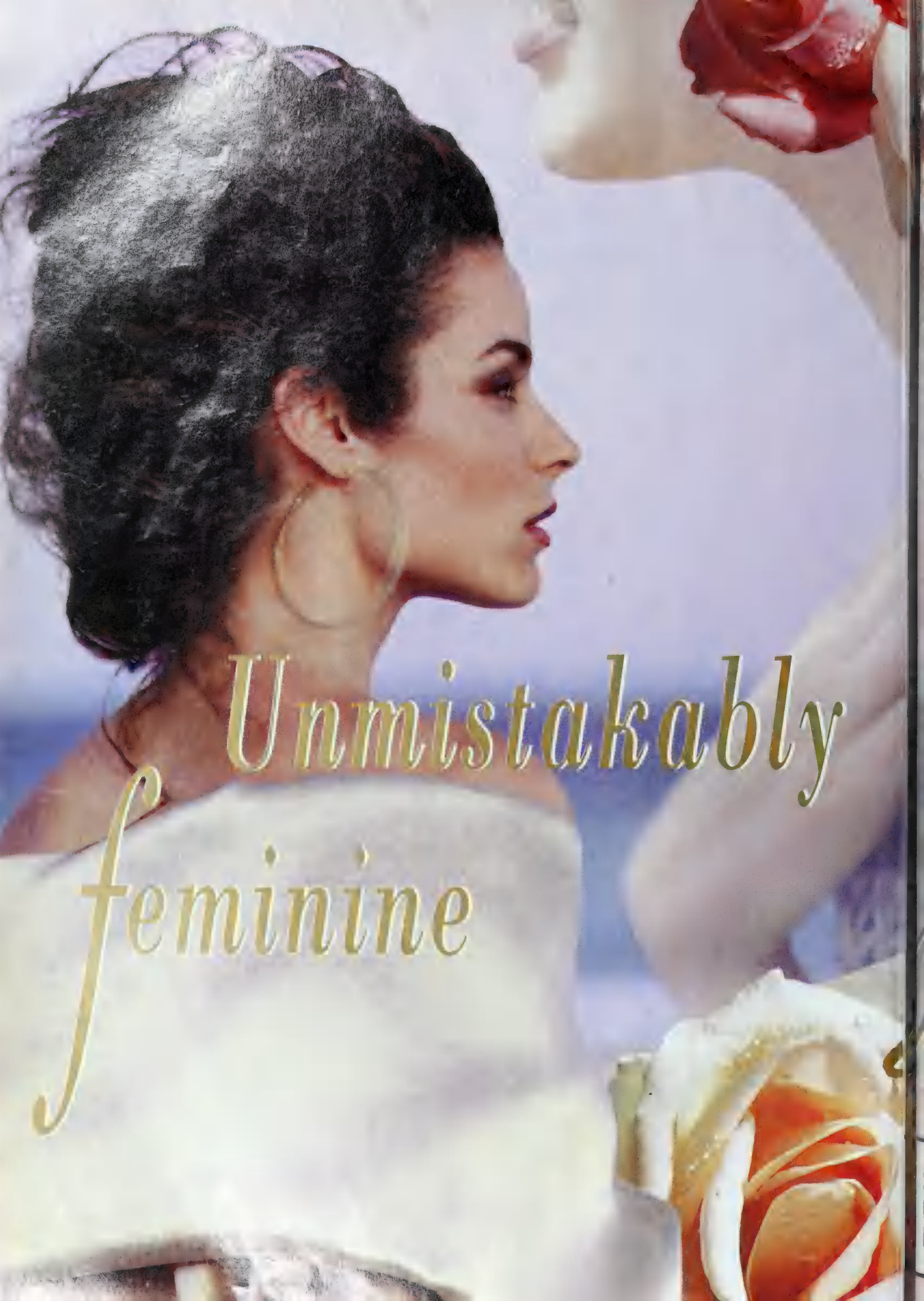
Late at night I said, "She slight frown even when smiling."

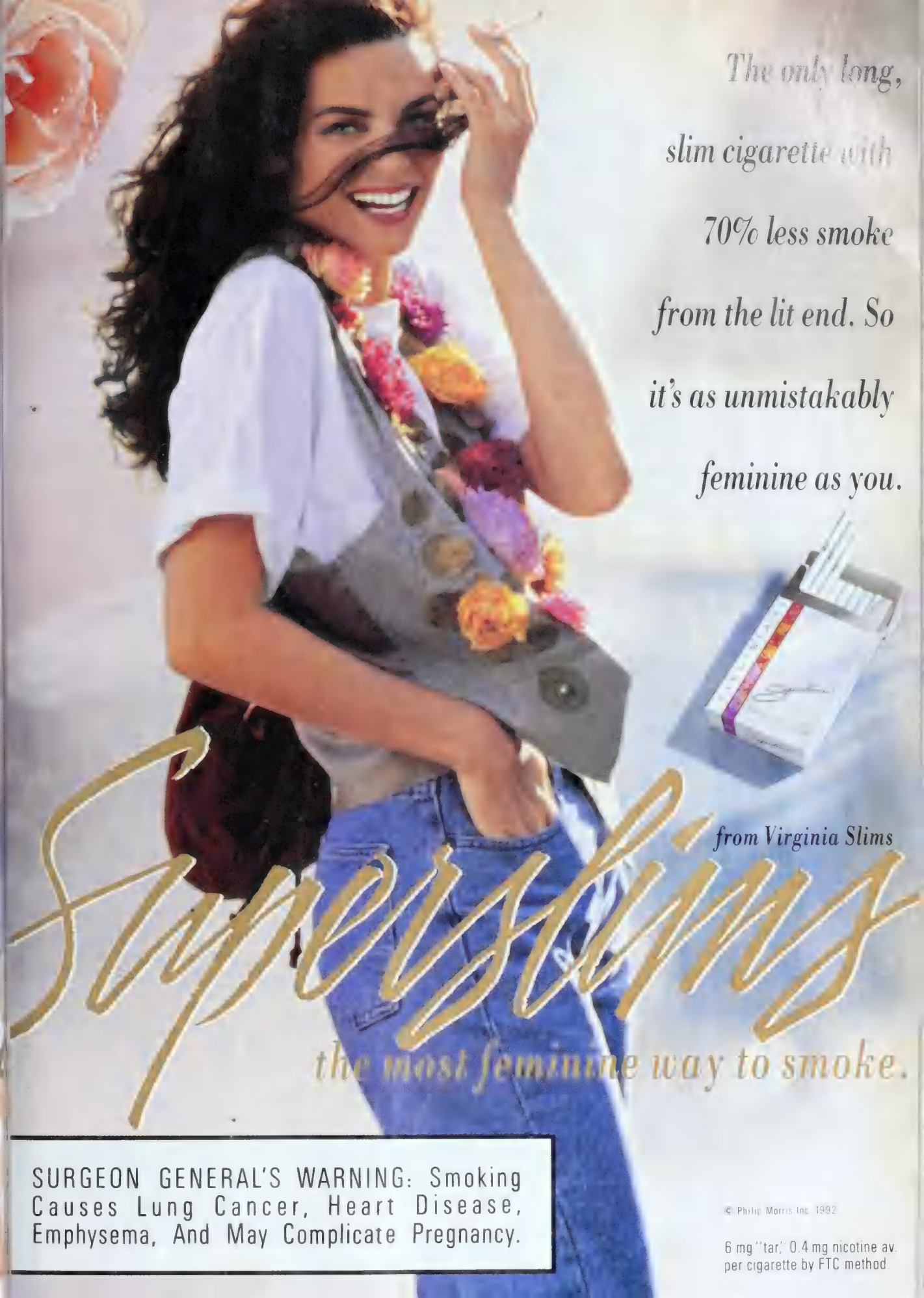
William said drowsily, "Because flaw."

"What?"

"That little scar, above her right eye turned. "I've got court, I've got deposi I gotta sleep fast." *(continued on pag*


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I found it—a mark like a fine thread among the black hairs of her eyebrow. To see it, I had to pretend to accidentally bump her, then lean very close.

I went and found the kids where they were crouched gazing at anthills. I said, "Is Alessandra going to steal you away from me?" They looked, for a moment, curious; then, quickly, they lost interest.

I said to William, "Are you considering sleeping with Alessandra?"

"Are you nuts?" he said. "She's a sixteen-year-old kid." He was right—it wasn't possible. I was embarrassed to have thought it. Then we had a couple of days of dazed, not entirely painful silence.

My friend Annie invited the kids to stay over with her kids, and they said they couldn't leave until Alessandra had departed for Cambridge. She was going to spend four days deciding whether Harvard looked pleasant. She would be back before my birthday, and we would celebrate. Passionate, silent, Nora and Zack stood on the driveway, embracing her in farewell as if she were their entire family and about to defect.

We were alone in our house. All day William kept kissing and kissing me, saying, "*Almost a thirty-five-year-old lady!*" Finally I laughed and said, "Why don't you propose marriage to my birthday? I feel like a stand-in. You can't kiss my birthday so you kiss me."

"Unimaginable," he said, and started pawing through the tool drawer.

"It's a joke."

"Are you nuts?"

"I was kidding!"

"I concede," he said. "You're jealous of your own birthday. I think it's really true. The hell with the birthday. You celebrate it yourself, by your own unimpeachable lights."

It was still early, but he decided to go to bed. "I'm coming down with something," he said, and glared at me. In the night, he got up again and went down the hall and, I thought, talked awhile to someone, in an uncharacteristically soft voice. I dreamed he was sitting with the kids on Alessandra's bed, his hand on her hair, Mediterranean daylight streaming in. When he came back, I woke up, and for a long time he walked slowly around the room. Neither of us spoke. But I followed the face of Willie's watch, glowing in the dark.

The morning of my birthday, William told me to go out for the day and he and Sahndie would prepare dinner. No, I said calmly, I will make veal cutlets. Okay, but after dinner I'd have to secrete myself while they prepared the birthday pageant. "Secrete?" I said, and grinned.

"Oops!" He clutched his mouth. "…good? Wrong word again? Too fancy?"

"I guess a little fancy." I smiled on, … my continuing to look amused wo… make this moment be funny and mak… be happy together.

"Splendid," he said, and violen… drank some water.

I let my smile fade. But I wouldn't … up. We waited while he gulped and s… lowed. "Come on, Willie."

"You come on. You come on. My r… for a vocabulary consultant has stea… waned."

"Oh, Will." Tears rushed into my e…

He didn't look at me; on the o… hand, he didn't leave.

In the evening, they all stood in … kitchen while I dragged pieces of … through crumbs and Alessandra … American show tunes, vibrantly … sweetly. She moved through *West … Story* until the veal slices were pile… the platter. "This has to be hot!" I cri… rushed out, the kids jumped into t… chairs, and she began to sing "There… Place for Us," but in Italian.

I thumped the platter onto the ta… Nora cried, "Sandy! Sandy! Beel! Be… Behind me, in the kitchen, Alessan… took William's hands in hers, loo… deeply, all the way up, into his glow… face; sang on.



I went upstairs and with tiny scissors cut a pinhole in the front of Alessandra's leather jacket. Then we ate. Then I secreted myself.

The garden was warm, the scent of grass and flowers thick. Alessandra had dressed them. She and William wore Venetian masks—his the beak of the plague doctor, hers the blank features of Columbine, chalky white in the darkening green of the yard. Nora wore whiteface and a tulle ruff. Only Zachary's face was his own—his small tan face—but his hair was all gold and full of glitter.

Alessandra said, "It is our commedia dell'arte. And so we tell the story of our life."

The four groped in the shadows, pretended to look out windows, bumped into trees and mistook each other's identities. Zack stepped forward and stood in perfect silence, his gold hair shining. Then he cartwheeled through the grass. It was going to end so soon. I sat in a canvas chair with an aluminum-foil crown on my head while night fell, and my family danced for me.

When they finished, there was still light in the sky, but down in the yard it was shadowy. William set his beak on his head and carried out a tray of cakes. Nora stuck tiny candles into the cakes and Alessandra lit the candles, and we all leaned forward.

Zachary's hair burst into flame.

The gold paint made the hair seem to be wildly flaring, when really it was only slowly burning. We turned slowly toward him, slowly I reached for him, Alessandra looked up, slowly William stripped off his shirt and wrapped it around the gold head and smothered the fire before Zachary understood. Zack looked so puzzled, peering out of William's embrace.

William looked *(continued on page 179)*



Jane Shapiro: *The painful connections of marriage*

Jane Shapiro's first novel, *After Moondog*, from which "The summer visitor" is drawn, is being published this month as she turns fifty—a double turning point. "It's coming out just in time," says Shapiro, a free-lance journalist who lives in Princeton, New Jersey. "I've always been interested in fiction writing, and it was important to me now to start doing it." Shapiro had been writing about the Green family for about twenty years, in essays and short stories, until a publisher convinced her to write a novel about Joanne, William, Nora and Zack.

The author, who is working on more stories and another novel—one that's less obviously about her life—says she does much of her writing in the car, reflecting on characters as she drives and making notes at red lights. "When I'm immersed in a writing project, I'm thinking about it all the time," she says.

Because she's written about the Greens for so long, Shapiro says, these characters have become a shadow family to her own. Her son and daughter, now in their twenties, even "feel a kind of tenderness for Nora and Zachary," she says. "They're protective of them."

Likewise, Shapiro identifies with Joanne, the narrator, though she insists she's funnier—much more of a wisecracker—than Joanne. But like Joanne, Shapiro watched her own marriage dissolve, an experience she explores in *After Moondog*. She believes the novel exposes some secrets about divorce. "We think that if so many people get divorces, then it must be easy," she says. But marriages "break up only in little pieces and slowly—it's like ripping out very tight stitches. I think that marriages have often proved to be more tenacious than we particularly want to admit, just because human connection is so tenacious." —SARAH MCCRAW



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1 cup BEST FOODS Real, Light or Cholesterol Free Reduced Calorie Mayonnaise
½ cup sour cream
¼ cup chopped cilantro or parsley
2 Tbsp lime juice
1 to 2 pickled jalapeño peppers, seeded, minced
1 tsp salt
8 oz twist macaroni (3 cups) cooked, rinsed, drained
2 large tomatoes, chopped
1 yellow or green pepper, chopped
1 medium zucchini, sliced
3 green onions, sliced

Combine mayonnaise, sour cream, cilantro, lime juice, jalapeños and salt. Stir in remaining ingredients. Cover; chill. Makes about 8 cups.

Dilled Potato Salad

1 cup BEST FOODS Real, Light or Cholesterol Free Reduced Calorie Mayonnaise
1 Tbsp prepared mustard
2 Tbsp chopped fresh dill or 1½ tsp dried dill
½ tsp salt
¼ tsp pepper
1½ pounds small red potatoes, cooked, quartered
⅓ cup sliced green onions

Combine mayonnaise, mustard, dill, salt and pepper. Stir in remaining ingredients. Cover; chill. Makes about 4 cups.

Citrus Slaw

1 cup BEST FOODS Real, Light or Cholesterol Free Reduced Calorie Mayonnaise
⅓ cup frozen orange juice concentrate, thawed
2 tsp sugar
¾ tsp salt
¼ tsp pepper
6 cups shredded red or green cabbage
2 cups shredded carrots
1 green pepper, thinly sliced
⅓ cup golden raisins (optional)

Combine mayonnaise, orange juice concentrate, sugar, salt and pepper. Stir in remaining ingredients. Cover; chill. Makes about 5 cups.

Summertime Chicken Salad

½ cup BEST FOODS Real, Light or Cholesterol Free Reduced Calorie Mayonnaise
2 Tbsp lime juice
1 tsp sugar
½ tsp ground ginger
¼ tsp salt
⅛ tsp pepper
2 cups cubed, cooked chicken
2 peaches or nectarines, cubed
¼ cup sliced green onions
¼ cup toasted slivered almonds (optional)

Combine mayonnaise, lime juice, sugar, ginger, salt and pepper. Stir in chicken, peaches and green onions. Cover; chill. Before serving, stir in almonds. Makes about 3 cups.
CURRIED CHICKEN SALAD: Add 1 tsp curry powder.



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By Mary Mohler and Margery D. Rosen

Kid consumers

CHILDREN NOT ONLY HAVE CONSIDERABLE INFLUENCE ON YOUR PURCHASES, THEY HAVE SOME BIG BUCKS THEMSELVES. FIND OUT HOW TO MAKE SURE THEY BUY SMART



Your kids may have more spending money than you do. According to the 1991 Roper Youth Report, children ages eight to seventeen command a purchasing power of $22 billion to $26 billion a year. While much of that income is from after-school jobs held by older kids, even four- to twelve-year-olds receive almost $10 billion each year from allowances and gifts, says James McNeal, Ph.D., a specialist in consumer behavior at Texas A&M University. Where does all that money go? Much of it gets spent on food and toys. But that doesn't mean it's money down the drain, says Jeanne Kiefer, managing editor of *Zillions: Consumer Reports for Kids*. Kiefer points out that it's better for kids to learn about money management now, when they're dealing with small amounts. To make sure you're raising financially savvy kids:

■ **Give them a small weekly allowance, when they are about six.** They can't learn about managing money if they don't have any of their own. If you want to teach them the value of *earning* money, establish a small base allowance and supplement it with money they earn by doing extra chores.

■ **Don't monitor their purchases too closely.** If they buy a cheap toy, and it quickly falls apart, they'll learn more about searching for quality than if you had nixed the idea.

■ **Help kids develop a loose budget.** Discuss prices of things they buy on a regular basis. Kids may not realize that buying an inexpensive soda every day can eat up a large chunk of their money.

■ **Help them devise a savings plan for an item they really want.** Kids usually don't have much patience, so make sure their goal is attainable in a reasonable amount of time—no more than a couple of weeks for the younger ones.

■ **Encourage them not to carry money with them.** Suggest they keep their money in a piggy bank, so they have time to think before they spend. When they've saved a lot of change, convert it to bills—they'll be less likely to buy a fifty-cent candy bar if they have to break a $5 bill.

■ **Start a bank account.** Take them to the bank to open the account, let them make deposits and explain the interest statements. (Many banks waive minimum balance requirements for children.)

■ **Teach them to be smart shoppers.** Remind them to try things on when clothes-shopping. Suggest that they listen to a friend's music tape before they buy their own (ditto for Nintendo cartridges—rent before buying). Talk about fads—they're fun but short-lived, so kids shouldn't spend a lot of money on trendy items. Help kids comparison-shop for an expensive item. And, finally, teach them to save their receipts so they can return items that don't meet their expectations.

—SHARLENE KING

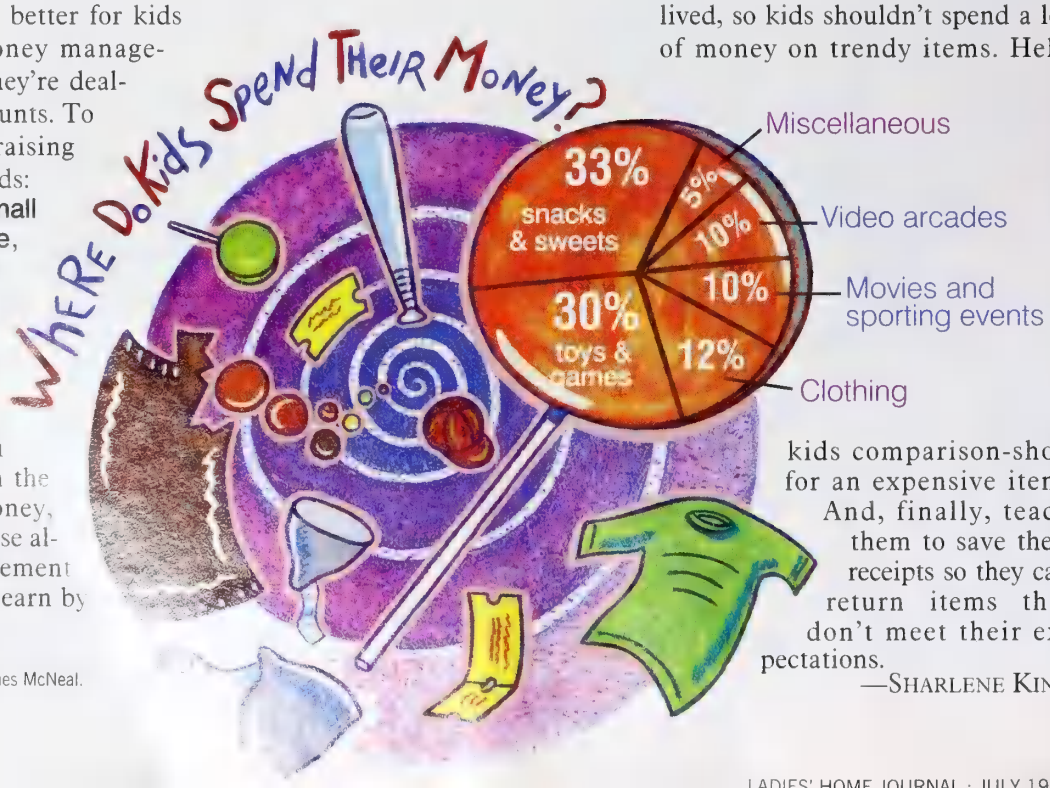


Chart from the research of James McNeal.

THREE CHEERS FOR THE RED, WHITE AND BERRY BLUE.

JULY 4TH

Sammy and Watson love July 4th. It's a great day for a picnic. And everything is red, white and blue. The balloons. The banners. Even the Star Spangled Snacks they helped Mom make. Sammy got to spoon in the Jell-O® cubes. "Cool," he said as they jiggled. "And it's perfect for July 4th," said Mom. Sammy had another idea. "I bet it would taste great every day," he said. "Woof," agreed Watson.



WATSON SNEAKS SOME OF SAMMY'S SNACK.



STAR SPANGLED SNACKS

1 package (4-serving size) JELL-O® Brand Berry Blue Flavor Gelatin
1 package (4-serving size) JELL-O® Brand Gelatin, any red flavor
2 cups boiling water
1 cup cold water
2 cups thawed COOL WHIP® Whipped Topping

DISSOLVE each package of gelatin completely in 1 cup boiling water in separate bowls. Stir ½ cup cold water into each bowl of gelatin.

POUR each mixture into separate 8-inch square pans. Refrigerate until firm, at least 3 hours.

CUT each pan into ½-inch cubes. Spoon blue cubes evenly into 8 dessert dishes; cover with whipped topping. Top with red cubes.

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On their minds

A PSYCHOLOGIST SHOWS HOW TO HELP KIDS DECODE THEIR FEELINGS

Since many of us grew up with parents who denied the intensity, even the very existence, of our feelings, it's not surprising that we now find it tough to talk about emotions with our own kids. Instead of listening to and accepting a child's feelings, we make such comments as "There's nothing to be afraid of" or "You're in a bad mood



because you're hungry." Such phrases actually belittle and deny what our kids are feeling. In time, children begin to doubt their own judgment and emotions.

When we acknowledge our children's feelings—however much we may disapprove of their behavior—we strengthen their self-esteem and give them tools for coping in the world.

But the first step is the most difficult one: helping them decode the messages they're trying to convey. These tips will help.

■ Listen attentively. To give a child uninterrupted attention, you must stop what you're doing, make eye contact, and hold your tongue! Jumping right in with your own interpretation deprives children of the ability to find their own solutions.

■ Be an "emotional mirror." Like adults, kids are often unaware of what's really bothering them. The confusion results in anger. Example: Your son walks into the house with a sullen expression, eyes downcast, and tells you, "Joey's mother won't let him play with me." He storms into his room and slams the door. While it's difficult to watch our children struggle with painful emotions, don't try to kiss away all the hurts. Give him a minute, then go in and talk to him. Be a sounding board, what the late psychologist Haim Ginott called "an emotional mirror," and reflect back to him what you think he's feeling: "You seem disappointed that Joey can't come over." (Rephrase his words so you don't sound like a tape recorder.) Remember, don't worry so much about what you actually say; it is concern and compassion that you need to communicate.

■ Acknowledge feelings with reassuring words and comments. Trivial though it may sound, a reassuring "uh-huh" or "mmm..." tells children we want them to continue. On the other hand, saying to a child, "Don't be ridiculous. Of course you don't look fat in that dress," simply cuts off further communication.

■ Let them vent. Kids need an outlet for strong emotions. And the last thing they want is a lecture on why they shouldn't feel the way they do. Encourage them to pound on a pillow, throw a ball against the wall, stamp their feet, or roar like a lion. Or suggest that they draw their angry feelings or write about them in a journal.

■ Tell your child how you feel about things that have happened to you or things he may have done. Sharing a story about yourself as a child in a similar situation shows him that he's not the only one to feel left out or embarrassed or sad—and if you could survive the experience, so can he. Telling him how you feel about something he does makes him familiar with the concept of emotions and gets him thinking about them: "I was so touched by that picture you made me in class" or "I was so proud that the project I was working so hard on at the office came out well."

—STEPHANIE MARSTON

Be a detective

It's easy enough to come up with words like *good*, *happy*, *angry* or *sad*, but sometimes we have trouble describing feelings more specifically. Familiarize yourself with this list of feeling words.

FEELING WORDS

lonely
disappointed
guilty
PROUD
LEFT OUT
excited
embarrassed
SCARED
confused
satisfied

The mom's Olympics



WHILE EVERYONE IS GETTING READY FOR THE OLYMPICS, WE'D LIKE TO HONOR THE DAILY TRIALS OF MOTHERS. THESE, TO BE SURE, ARE WORTHY OF MANY GOLD MEDALS. (EVERY MOM GETS A BRONZE—JUST BECAUSE)

EVENT #1: THE MORNING RUSH

Gold medal. You never use more than one hand on the steering wheel. The other hand alternates between putting the bottle back into the wailing baby's mouth, signing homework slips, deflecting rabbit punches between children and putting on eyeliner in the rear-view mirror.



Silver medal. Both hands remain on the wheel, but you can sense when a large object is about to be catapulted across the car. You automatically lift your hand to catch it midair. You apply eyeliner in the mirror only at red lights.

EVENT #2: THE BATHROOM

Gold medal. You have not been able to use the bathroom without: 1) your child standing outside the door dancing up and down in need of the same room; 2) your child announcing that you can't come to the phone now because you're on the potty; 3) your child and four of his friends asking you to settle a dispute through the door.

Silver medal. You have been able to use the bathroom in peace, without any interruptions, because the children have been busy cooking marshmallows, whole eggs or earthworms in the microwave.

EVENT #3: IN THE WORKPLACE

Gold medal. Your pager goes off in the middle of a conference. Heart in throat, you call the school only to hear your child ask if you could please bring the missing tail from his beaver diorama that fell on the floor of the car this morning.

Silver medal. You open your folder to make your presentation to a roomful of colleagues, and the beaver tail falls onto the conference table.

EVENT #4: THE TOY STORE

Gold medal. You have just spent twenty minutes explaining why you can't buy a $300 radio-controlled Godzilla. Your child turns toward you with empathy and says, "That's okay, Mom, Santa Claus will get it for me."

Silver medal. You buy a $15 plastic Godzilla and let Santa take the rap.

EVENT #5: THE TELEPHONE CONVERSATION

Gold medal. You cannot have a telephone conversation without a minimum of six interruptions in the conversation to: 1) unwrap your child, mummified in toilet paper by his older siblings and their friends; 2) stop the encyclopedia salesman your children have invited into the house from



setting up all thirty volumes on your dining-room table.

Silver medal. You have never had to interrupt phone conversations because you have the ability to maintain a simultaneous conversation with your child through notes and sign language.

—DIANE DE ANDA

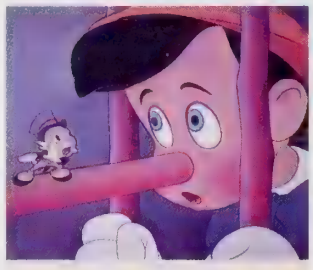
kidspeak

During a visit, my five-year-old grandson, Chris, asked me to read him a bedtime story. Shortly after we started, he said, "Please put it on pause, Grandma, while I go to the bathroom."

—Shirley Carlso, Underwood, MN

My two-year-old daughter, Ashley, was having trouble pronouncing the word "milk." One morning when she asked for a glass of "mock," I corrected her: "No, honey, you want a glass of *milk*." "That's right, Mommy," she cheered, with a wide smile and a clap of the hands.

—Lisa Nicol, Coal City, IN



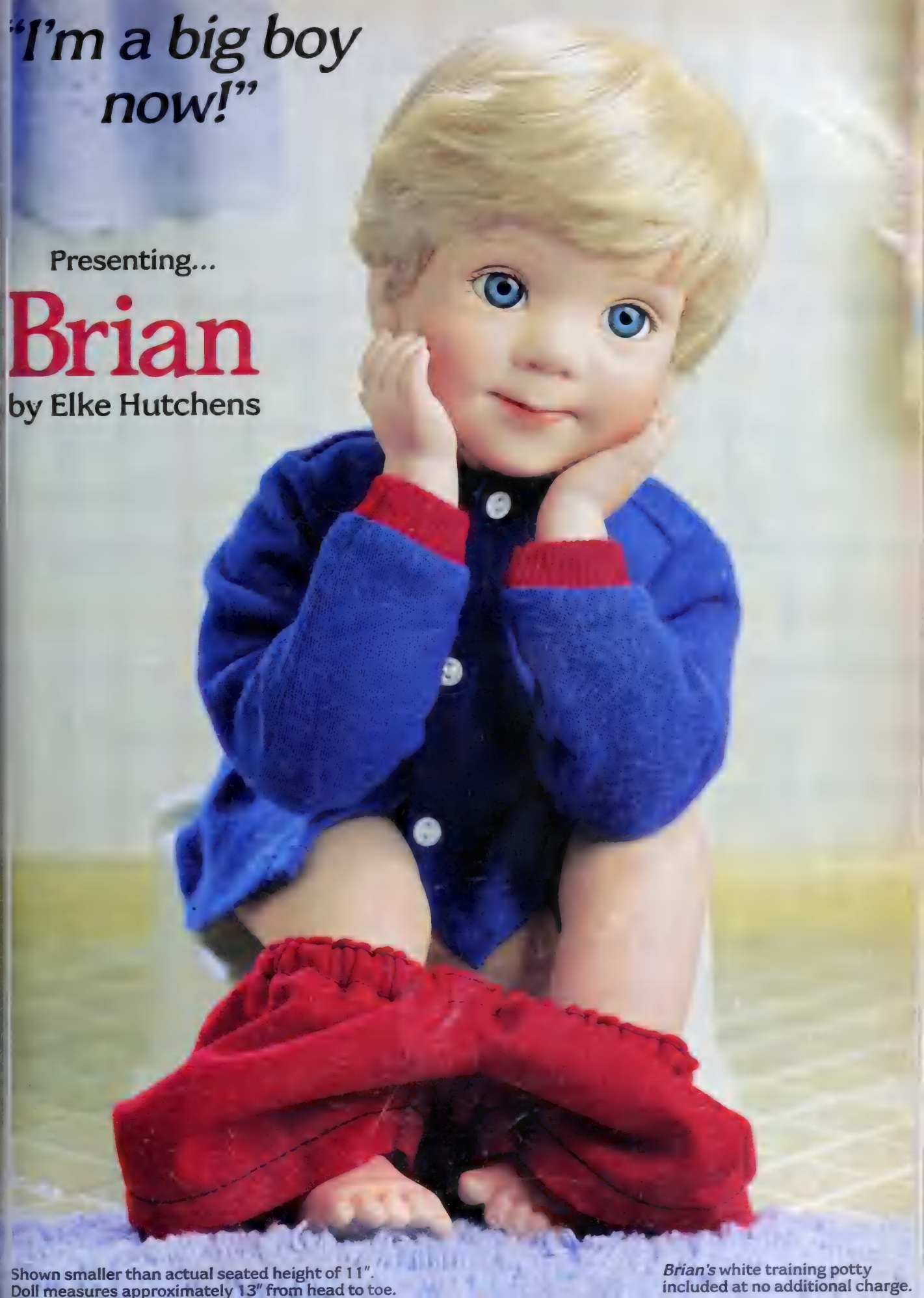
Could there be a better time for the re-release of "Pinocchio" than an election year? Disney's most charming delinquent will be coming to a theater near you on June 26.

"I'm a big boy now!"

Presenting...

Brian

by Elke Hutchens



Shown smaller than actual seated height of 11".
Doll measures approximately 13" from head to toe.

Brian's white training potty included at no additional charge.

Suddenly alone

Would you be financially prepared if your husband died unexpectedly? Here's how one widow is coping—and what every wife must know about money



IN THE TWO YEARS SINCE HARRIET MITCHELL'S HUSBAND DIED, SHE HAS LEARNED HOW TO HANDLE THE FAMILY BUDGET—AND NOW FEELS MUCH MORE CONFIDENT ABOUT MONETARY MATTERS

BY ANDREA ROCK



In July 1990, Harriet Mitchell's husband, Ulysees, was admitted to the hospital for routine gallstone surgery. Two weeks later, Harriet was a widow at the age of thirty-eight.

"My life changed so drastically overnight that I felt like I was in a trance until after the funeral. Then it hit me like a ton of bricks that he was gone and wasn't ever coming back," recalls Harriet, who lives with her eight-year-old daughter, Felisha, in Tallahassee, Florida.

She had to cope not only with the devastating personal impact of widowhood but with tough financial challenges, as well. The family income was cut in half, and Harriet, a billing coordinator for a printing company, had to take over the budgeting and investment matters her husband once managed.

The death was particularly hard on the Mitchells because it was so sudden. When Ulysees, thirty-nine, began suffering from digestive problems, doctors suspected gallstones. During pre-surgical testing, however, they discovered that he was actually suffering from severe liver damage as a result of undiagnosed hepatitis. (It's believed he acquired the disease during a blood transfusion two years earlier.)

Ulysees' condition worsened daily, despite doctors' efforts to treat him. After two weeks, during which Harriet seldom left the hospital, Ulysees died—days before their ninth anniversary.

Felisha, who was very close to her father, mourns him deeply. "She sometimes dreams about him at night and wakes in tears, saying she wishes she could see him just one more time," says Harriet, who adds that the grieving continues for her, too. "Friends and people at work think that since it's been two years, I should be over his death. But it's not that simple."

In a practical sense, Harriet felt Ulysees' absence immediately as she took over the family finances—a responsibility she hadn't handled since she was married.

The $22,000 pre-tax salary Harriet earns is supplemented by monthly payments of $1,100 in death benefits from Ulysees' pension plan (he worked as a systems dispatcher for the city's electric department) and $219 in Social Security death benefits for Felisha. Nevertheless, the $36,228 after-tax total is still a far cry from the $57,000 the couple once earned.

Harriet now struggles to cover her fixed monthly expenses, such as utility bills and the $675 mortgage payments on the home they bought for $57,500 five *(continued)*

Another possibility, with somewhat higher return and higher sk, is a corporate-bond fund, which buys debt issues (bonds) f public corporations; the dividends or interest income she re-eives should then be reinvested in a mutual fund. She recom-ends no-load income funds, such as the Wellesley Income und, offered by the Vanguard Group (800-523-2566).

Harriet should soon be able to save 10 percent of her annual ncome. This should provide the emergency fund she needs and elp finance a state-college education, which could cost as much \$63,000 by the time Felisha turns eighteen.

Harriet should also make sure she's collected all the death enefits due her. "Widows should consider all sources, particu-rly any past employers. They should also find out whether eir husband's parents purchased a life insurance policy for im as a child," says Greene.

Finally, Greene recommends that Harriet—who has not yet ritten her will—have a simple one *(continued on page 171)*

WHAT SHE EARNS/ WHAT SHE SPENDS

Monthly household income	
Salary	\$1,700
Pension	1,100
Social Security	219
ANNUAL INCOME	\$36,228
Fixed monthly expenses	
Mortgage, PITI	\$675
Utilities	200
Phone	35
Household maintenance	100
Groceries	200
Lunches	50
Clothing	200
Personal care/grooming	100
After-school program	96
Entertainment/dining out	75
Auto expenses	
Car payment	470
Gas and oil	130
Repairs and maintenance	100
Insurance (\$645/6 months)	108
Loan repayment	
Credit union	50
Employee lending fund	600
Bank personal loan	300
ANNUAL TOTAL	\$41,868
Assets	
Savings	\$200
Checking	1,200
Industrial National Bank, CD	5,000
Long-term assets	
1983 Ford pickup truck	\$1,200
1985 Toyota Corolla	2,500
1987 Buick Regal	8,900
Profit Sharing	22,000
Residence	60,000
TOTAL ASSETS	\$101,000
Liabilities	
Credit union loan	2,700
Employee lending fund, 10% interest	1,500
Bank personal loan, 10.6%	4,500
Auto loan (Buick), 13.7%	4,700
Mortgage	53,500
TOTAL LIABILITIES	66,900
NET WORTH	34,100





Christie Brinkley

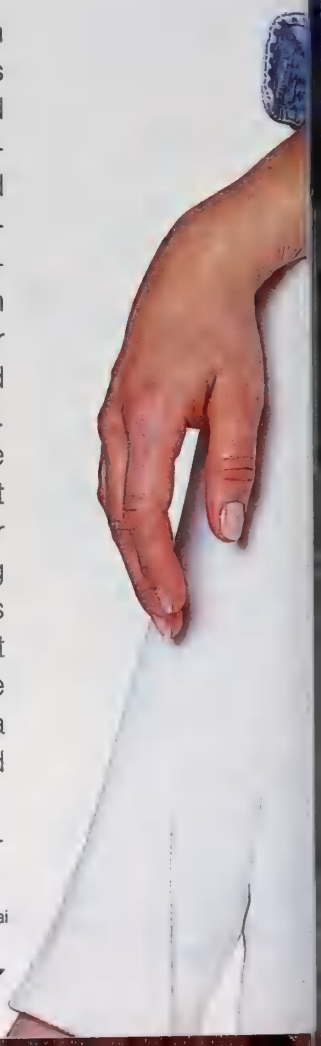
"I'm ready for a change"

Christie Brinkley, the definitive bathing beauty, would like to get out of the swim. Not, mind you, that she's ready to retire from the public eye at age thirty-eight—just from swimsuit modeling. "I think I've done my last one. I'm ready for a change. I don't want to do those anymore. It's gotten too hard to suck my stomach in for those photos," says the quintessential California girl who graced her first *Sports Illustrated* swimsuit issue in 1979, launching countless calendars. "I've noticed it's harder to stay in shape. I have to work twice as hard for half the results."

You couldn't tell by looking, though: The famous face with the engaging grin remains surprisingly unlined, and she's svelte as ever in an off-white cable-knit sweater and pencil-thin pants. Still, although she has recently renewed her contract with Cover Girl, Brinkley says her modeling days are numbered now—and about time, too. "I've been planning to retire for the past ten years, but there's just one fantastic offer after the other. Still, modeling is a very empty job," she says earnestly. "It's been a great career, but I would rather be known as anything but a model. I do desperately need more stimulation."

Now, let's get this straight—

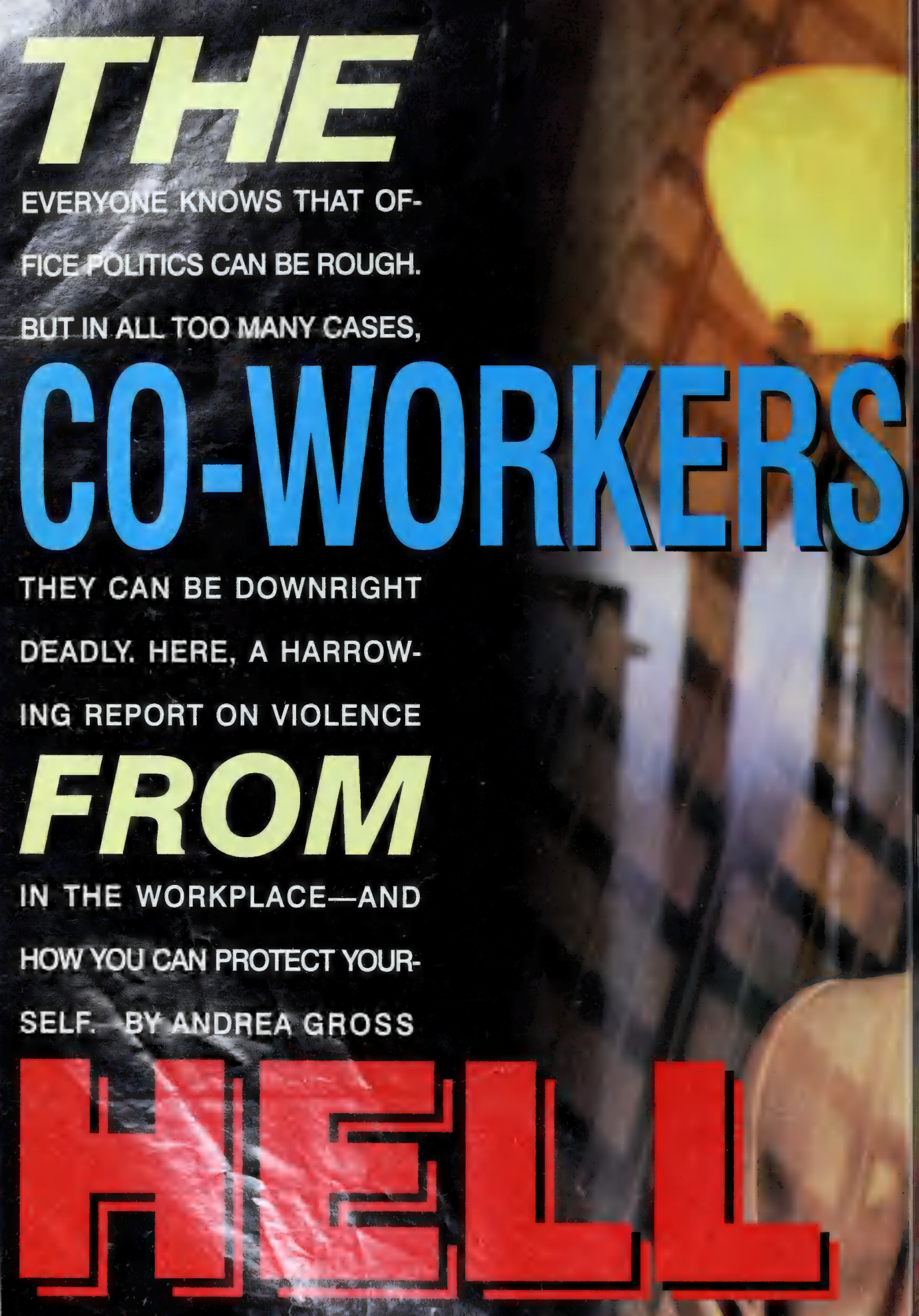
(continued on page 172)



Makeup by Cover Girl. Hair, Kevin Mancuso for Pierre Michel at the Plaza; makeup artist, Bobbi Brown for Frederic Fekkai at Bergdorf Goodman; stylist, Sean M. Byrnes; shirt, The Gap; pants, Euro-Star at Miller's NYC; shoes, Gucci.

BY KATHRYN CASEY





THE

EVERYONE KNOWS THAT OFFICE POLITICS CAN BE ROUGH. BUT IN ALL TOO MANY CASES,

CO-WORKERS

THEY CAN BE DOWNRIGHT DEADLY. HERE, A HARROWING REPORT ON VIOLENCE

FROM

IN THE WORKPLACE—AND HOW YOU CAN PROTECT YOURSELF. BY ANDREA GROSS

HELL



Ellie's first threat was verbal. "I'll get you back," she screamed at Carolyn, her former supervisor.

The second was written—a note tucked into the door of Carolyn's car: "You'd better thank God, or you'd be dead today."

The third was the most terrifying of all: a dead rat left in Carolyn's home mailbox.

"The fear just rises in my throat when I think about it," says Carolyn Johnston,* thirty-four, who works in the Atlanta sales office of a large manufacturing company. "My office is in a beautiful wooded area, and I have visions of Ellie sitting up in this tree out in the woods and aiming a gun at my head."

Carolyn's ordeal began in June 1989. Ellie, a senior secretary who had been a responsible employee for the previous three years, suddenly called Carolyn at home—an action that she now finds odd. "I'm not going to be working for you anymore, because I'm moving back to St. Louis to be near my family," Ellie said.

Two days later, though, she appeared at the office, ready to work. When Don, the regional sales manager, explained that he had already hired someone to replace her, Ellie became outraged. As she stormed out of the office, she made the first threat to Carolyn.

The next day, she began phoning the other employees. "I'm going to come up there with a gun," she hissed, "and blow all your heads off."

Around that time, Ellie also sent *(continued on page 165)*

**Name has been changed.*

THE WOMEN OF JAPA

WE KNOW THEY MAKE GOOD CARS, BUT HOW DO THEY TREAT THEIR WOMEN? A FASCINATING REPORT ABOUT OLD-FASHIONED SEXISM IN WHAT MAY BE THE COUNTRY OF THE FUTURE



At four o'clock on a rainy Tokyo morning, the surrounding streets quiet and empty, Hatsuyo Takano waits for her driver to bring her car. Exquisitely dressed in a deep-blue silk kimono, her face powdered the traditional white, she has for the last six hours been playing her nightly role. She is fifty-two years old, a "mama-san" in a club known as a hostess bar. Smiling and gracious, every gesture measured, every bow deferential, she seats the customers, serves them drinks, and introduces them to the "hostesses"—comely young women who, for a price, will spend the evening chatting with them, flattering them, refilling their whiskeys and water.

The customers are all men, wealthy business executives and racketeers, quite used to being doted upon in the expensive clubs of Ginza. They are also accustomed to the quiet, the subservience, the constant flattery—in short, the powerfully enduring hallmarks of the traditional Japanese woman.

Takano's driver pulls up, hops out and opens the door for her. She gets into the backseat of a Nissan President, the black sedan that is the car of choice in Tokyo for company presidents, high-level government bureaucrats—and wealthy mama-sans. The car glides through the city's narrow streets as Takano talks, in nearly flawless English, of who will follow her when she has finally saved enough money to retire—a day, she says wearily, that she hopes is not too far off.

"The girls today . . . it's harder to find hostesses," she concedes. "They can make more money doing other things." She lights a cigarette and gazes out the window. "They have so many more opportunities. Who can blame them for taking them?"

The single life

For Yuriko Kitamura, twenty-five, who leaves for work just a few hours after Takano gets home, the world of the mama-san is almost as distant as it would be to the average American woman. Since 1988, Kitamura has been an "office lady"—or "OL" in the Japanese vernacular—at a major bank in Tokyo. "Office lady," a job unique to Japan, is used to describe the thousands of young women who put on company uniforms daily and work in the corporate

(continued on page 175)

BY BILL POWELL

©1992 Eve Ho

We were here.

Now we're also here.





Introducing Eve Lights 100's.

Made with gently steamed tobacco for a uniquely rich taste.
It's not just a cigarette.

It's a few minutes of your own



Save $1.00 On a pack or carton of any Eve style

TO THE CONSUMER: Coupon is valid only when the specified style(s) is purchased by an ADULT AT LEAST 21 YEARS OF AGE. Any other use is improper and could constitute fraud. Participation in this promotion is at the retailer's discretion. LIMIT ONE COUPON PER PACK OR CARTON PURCHASE.

TO THE RETAILER: By redeeming this coupon, you represent and warrant that you have complied in connection with the terms and conditions of Lights 100's Menthol 100's ... [illegible] ... and actual mail costs paid by consumer. Mail coupons to: ... Group Inc., P.O. Box 430951, El Paso, ... [illegible] ... Coupon good only in U.S.A.

Store Coupon Expires 11/01/92.

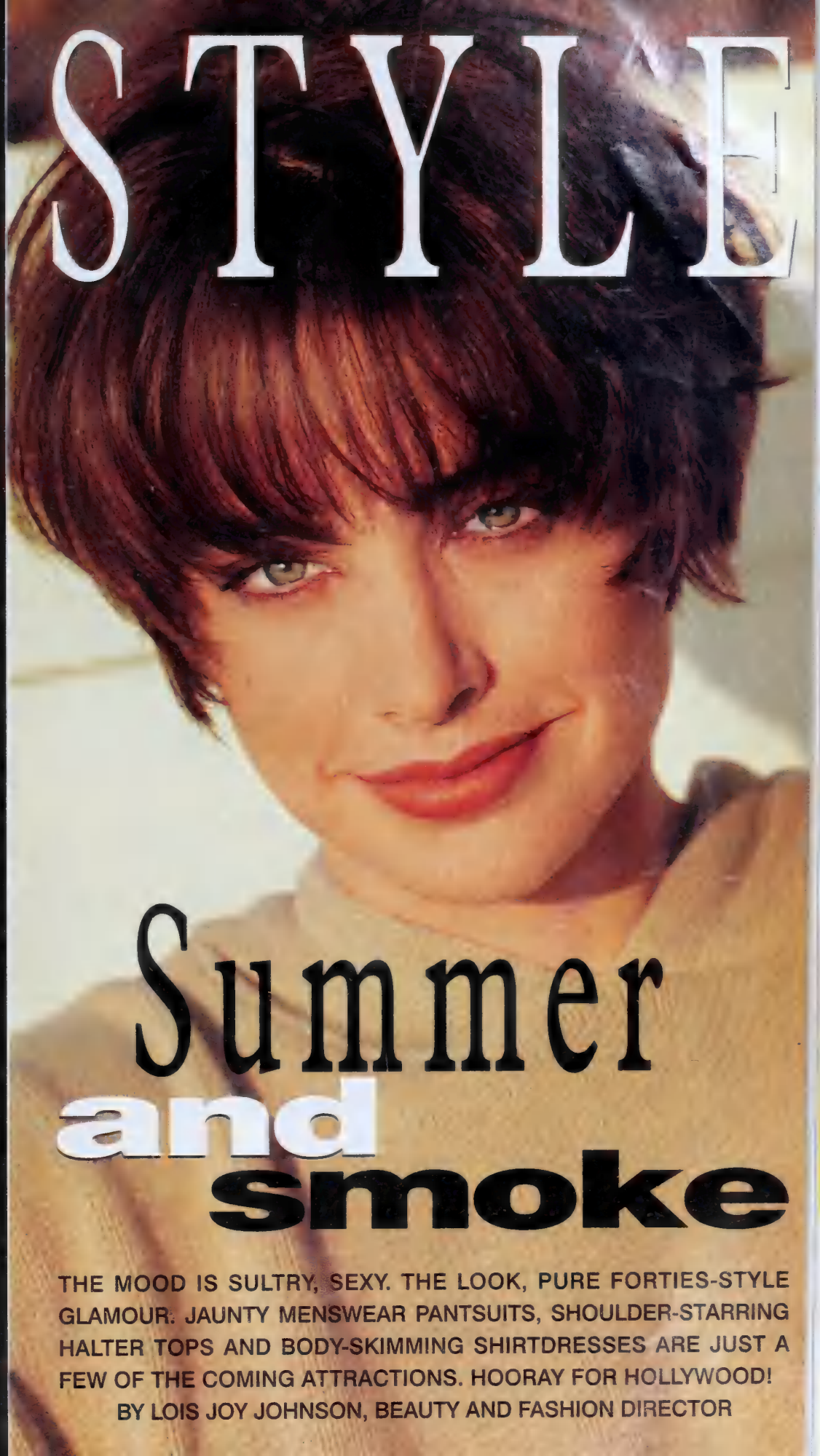
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Lights 100's (Reg. & Menthol): 8 mg. "tar," 0.8 mg. nicotine; **Lights 120's** (Reg. & Menthol): 13 mg. "tar," 1.0 mg. nicotine, av. per cigarette by FTC Method

SURGEON GENERAL'S WARNING: Smoking Causes Lung Cancer, Heart Disease, Emphysema, And May Complicate Pregnancy.

STYLE



Summer and smoke

THE MOOD IS SULTRY, SEXY. THE LOOK, PURE FORTIES-STYLE GLAMOUR. JAUNTY MENSWEAR PANTSUITS, SHOULDER-STARRING HALTER TOPS AND BODY-SKIMMING SHIRTDRESSES ARE JUST A FEW OF THE COMING ATTRACTIONS. HOORAY FOR HOLLYWOOD!

BY LOIS JOY JOHNSON, BEAUTY AND FASHION DIRECTOR



EASY ON TOP, LONG AND CURVE-CONSCIOUS BELOW, NORMA KAMALI'S WASHED-SILK FAILLE SHIRTDRESS IN EARTHY CARAMEL IS A SHOW-STEALER ON HOT SUMMER DAYS. WE SLIPPED A CAMISOLE UNDERNEATH AND ADDED CHUNKY LEATHER SANDALS FOR AUTHENTIC FORTIES CHIC.

Camisole, Hanro; sandals, Cole Haan; earrings, Michael Anthony; bracelets, Agatha.



TAILORED, FEMININE SHORTS OFFER PLENTY OF MOVIE-STAR NOSTALGIA (THINK LEGGY GINGER ROGERS AND BETTY GRABLE) AND STREET-SMART APPEAL WHEN PAIRED WITH A MATCHING JACKET AND NEUTRAL FISHNET HOSE.

Suit and blouse, Emporio Armani; belt, Dame; [illegible], DKNY; earrings and bracelet, Agatha.



A SLOUCHY PANTSUIT À LA KATE HEPBURN IS THE TICKET TO SUMMER COMFORT. THIS ONE, BY NORMA KAMALI, FLAUNTS OLD-FASHIONED SEERSUCKER WITH STANDOUT RED AND WHITE STRIPES. THE NOD TO THE NINETIES? J. CREW'S SIMPLE WHITE TEE.

Earrings, Michael Anthony.



WE APPLAUD THE RETURN OF THE COLLARED HALTER, ESPECIALLY IN ITS MODERN RENDITION—BUTTONED UP IN FRONT, SEDUCTIVELY BARE IN BACK. A TAILORED SARONG IN TERRY (ONE OF THE NEWEST FABRICS THIS SEASON) COMPLETES THE STEAMY SET.

Bodysuit and skirt, Lauren Sara; earrings, Michael Anthony.



Swimming beauty

"Prepping hair before a day at the beach or pool can prevent damage—especially the dry frizzies," says Chicago hair pro Charles Ifergan, of the Charles Ifergan Salon. Before swimming, apply a protective leave-in conditioner. Try Alberto Leave-In Conditioner, Condition by Clairol Pro-Vitamin Treatment or Pantene Daily Protectant Light Leave-In Conditioner. Another in-the-sun option: a protective gel enriched with protein or aloe to sleeken hair away from the face. We like Salon Selectives Moisturizing Extra Control Spray Gel. If you don't have time to shampoo, rinsing hair with club soda will neutralize a lot of the salt buildup.

CHILL OUT

Frosty makeup is starting to glimmer on the faces of trend-conscious models and beauty pros in L.A. and Paris. We think frosts look best on lips when paired with a neutral eye. We recommend Revlon Outrageous Lipcolor in Coolest Beige, Maybelline Moisture Whip Lipstick in Peppermint Ice and Avon Color Rich Lipstick in Frostiest Mauve.

Go for status faux

Some of the priciest-looking cosmetics are the least expensive! Treat yourself to a pretty new compact or a lipstick—they look great when you whip them out of your handbag: Maybelline Revitalizing Color Lipstick (a chic black-and-gold tube, $4.25), Revlon Outrageous Lipcolor (a fluted gold tube, $7.50), Coty Refinements Refillable Lipstick (a fluted brass tube, $6.50) and Maybelline Moisture Whip Translucent Pressed Powder (a burgundy-and-gold case, $4.50).

HOW TO HAVE RUNWAY LEGS

SUMMER STYLE SHOWS A LOT OF LEG—ARE YOURS SEE-WORTHY? ELLEN HARTH, PRESIDENT OF THE RUNWAY DIVISION OF THE ELITE MODEL AGENCY, WHO TAUGHT SUPERMODEL CINDY CRAWFORD *THE* WAY TO WALK, SAYS, "WALKING WITH ONE LEG IN FRONT OF THE OTHER, RATHER THAN SIDE BY SIDE, GIVES A LEANER, LEGGIER STRIDE." STRETCHING EXERCISES THAT ELONGATE AND TONE LEG MUSCLES ARE GREAT, TOO.



Hot new products and expert tips

SO COOL High on the list of best bets for summer are products that offer a feeling of cool freshness: moisturizing mineral-water spritzes for over or under makeup (great for waking up a tired face) and tingly gels that moisturize and cleanse. Why are gels so invigorating? According to the skin-care experts at L'Oréal and Prescriptives, it's the cool ingredients like camphor, eucalyptus, menthol and spearmint oil. Sample energizing mists like Elizabeth Arden Spa Collection Oasis Mist Mineral Water Spritz and Aveda Toning Mist. Super gel cleansers include L'Oréal Plénitude Deep Cleansing Gel and Almay Anti-Bacterial Foaming Cleanser Wash. Banana Boat Vitamin A Gel is a refreshing moisturizer.

Photo, top: hair, John Caruso for Clive NYC; makeup, Agostina for Celestine L.A.; dress, Emporio Armani; sunglasses, Alain Mikli; model, Clare Hoak of Click L.A. Above: hair, Syd Curry for Dorie Sherman; makeup, Agostina for Celestine L.A.; swimsuit, OMO Norma Kamali; skirt, Adrienne Vittadini; shoes, Rene Caty; model, Jackie Volker of Elite L.A.

PRETTY SIMPLE

20 right-now beauty boosts



for looking great

MAKE A SPLASH

Summer is a perfect time to change your looks in a dramatic way. Have the courage to wear something trendy—a long slit skirt, a shapely bodysuit, a two-piece swimsuit, shorts with your blazer. Or make a temporary beauty change. Give your bare legs an instant tan with a sunless tanning lotion; cut long, flirty bangs; do a full-blown eye makeup; wear fiery-red nail polish.

Hair, John Caruso for Cove NYC; makeup, Agostina for Celestine L.A.; model, Sky Nealor of Prime L.A.



Just cheeky

The neutral cheek is the best make-up look for summer. If you like powder blushes, dip your brush into both translucent powder and blush for the sheerest application. According to Don Frey, associate director of product development for Clarion, "A matte powder-cream blush gives the sheerest look of all. Use a sponge to apply color, then reblend with a blush brush." Some of the best natural blushers are: Clarion Sheer Illusion Creme/Powder Blush in Peach Blossom and Desert Bloom, Revlon Springwater Blush in Nude Matte and Max Factor New Definition Blush in Tawny.

Summer's the time to ge

SMELL LIKE A ROSE

There's something so appealing about floral fragrances for summer. And technology has gotten so advanced that many new scents smell exactly like flowers at their peak. The secret? Living-flower technology, which is the synthetic reproduction of the essence of precut flowers. New living-flower scents include Volupté by Oscar de la Renta, Incognito by Cover Girl and Chloé Narcisse by Elizabeth Arden.

Face: Syd Cory for Dore Sh... Hair: ... for Celestine L.A.; swimsuit, OMD Norma Kamali.

SUN-KISSED HAIR

Highlights are *the* summer beauty boost. The trick, says Louis Licari, of the Louis Licari Color Group, NYC and Beverly Hills, is to add color to your hair, which in turn perks up the color in your skin, for an effect he calls suntanned hair.

IF YOU'RE A BLOND, add strokes of highlights around the face and on the top layer of hair. Licari uses any existing highlights as his guide and then adds more.

IF YOU'RE A BRUNET, add shimmer to the hair either by applying a semipermanent hair color for a very slight change, or by adding highlights to the hair in a combination of thick and thin strokes. The highlights should be amber or light brown.

IF YOU'RE A REDHEAD, add depth to your color, but keep it natural—just enhance what you have.



Nightcap

Summer skin can be just as dry as, if not drier than, winter skin. Skin becomes dehydrated when exposed to air-conditioning, the sun and more frequent showers; the best time to replenish moisture is at night. For the body, we like Vaseline Intensive Care Overnight Moisture Treatment Cream. For the face, try Max Factor Overnight Moisture Supplement; Night of Olay and Elizabeth Arden Millenium Extra Rich Renewal Cream.

Hair, Daniel Howell for Celestine L.A.; makeup, Agostina for Celestine L.A.; earrings, Gerard Yosca; dress, Laura Ashley.

A brighter shade of pale

GREAT NEWS FOR THOSE WHO (WISELY) SHUN THE SUN: ACCORDING TO COVER GIRL MAKEUP PRO B.J. GILLIAN, "BY STAYING PALE IN SUMMER, YOU CAN WEAR COLORS NO ONE ELSE CAN! LIPSTICKS IN REAL RED, RICH PLUM AND BRIGHT PINK LOOK BEST WITHOUT A TAN." YOU'LL LOOK GREAT IN COVER GIRL REMARKABLE LIPCOLOR IN REMARKABLE RED AND VERY BERRY, PALOMA PICASSO MON ROUGE LIPSTICK BY COSMAIR, AND ELIZABETH ARDEN LIP SPA LIPCOLOR IN RUBY.

hooked on a new beauty habit

ON THE LINE

Eye and lip liners are indispensable for fast definition and shaping—*the* way to make eyes and lips really stand out (especially in steamy weather). The best are automatic self-sharpening pencils. New eyeliners include Cover Girl Pro-Lining Perfect Point Pencil; Clarion Pensilks Automatic Eyelining Pencil; Max Factor Skinny! Ultra-Thin Eyeliner; Almay Easy Eyes Self-Sharpening Eye Pencil. For lips, try Lancôme Le Crayon Lip Contour and Maybelline Precision Lip Liner.

GET A GILT COMPLEX

Going for the gold is an Olympic motto and a fashion motto. Metallic swimsuits, molten leather loafers, ballerina flats, sandals and slides are just a few golden opportunities.

SKIN TIGHT

The new face and neck firmers offer a look and feeling of tightness that can last several hours. Look for Biotherm Reducteur Rides Wrinkle Smoother, L'Oréal Plénitude Firming Facial Serum and Lancôme Renergie Double Performance Treatment Anti-Wrinkle and Firmness.



FACE FRAMERS

What goes on around your face is as important as what goes on it. For instance, a chin-length bob, glossy and sleek, can make fine hair look thicker and hide a less-than-perfect jawline. A big white cotton shirt can brighten your complexion while taking the focus off tiny lines and blemishes.

Hair, Daniel Howell for Celestine L.A.; makeup, Agostina for Celestine L.A.; shirt, Guess.

Mini makeup treats

We've discovered some terrific pint-size two-in-one products to toss in your handbag—great for on-the-go touch-ups. Look for Shiseido Stick Foundation, a foundation/concealer; Givenchy Perfect Radiance Compact Duo, containing cream powder and cream blush; and Estée Lauder EyeColor ing Liquid-to-Powder Eyeshadow, an easy-to-apply liquid shadow that dries to a powder instantly.

HIGH BROW Not only do groomed, arched brows look polished, but clearing the space between the upper lids and your brow line makes eyes look bigger. Brush-on brow powders plump skimpy brows; brow pencils redirect the brow for a lifted, open expression; brow gels provide color, shape and control for fuller brows. Max Factor Brow Tamer is a great gel; sparse brows look lusher with Maybelline Ultra Brow Brush-On Brow Color and Revlon Natural Brows Color and Style System; for precisely shaped brows, count on Christian Dior Brow Pencil or Almay Professional Soft Brow Color.

LOOK FLAWLESS Smooth over problem areas with a lightweight moisturizing concealer, such as Clarion Protection 15 Concealer or Revlon Line Concealer with Luminix. The best cover-ups for blemishes are Cover Girl Clarifying Blemish Concealer and Avon's Blemish Solver Medicated Touch Stick.

sheer delight

See-through shadows and lip shiners are big news. Max Factor's new Shadow Sweeps Quick Stroke Eyecolor gives finish to the lid—you dust it on like blush. Also great: Clinique Sheer Intensities Soft-Pressed Eye Shadow. For lips, try Yves Saint Laurent Sheer Conditioning Lipstick and Max Factor X-Rated Lipgloss.

Makeup finds for instant glamou

THE BONUS OF BROWN

Everyone knows brown eyeshadow is a basic no woman should be without. According to Maybelline makeup pro Stan Campbell Place, "Brown shadow is the only eye makeup to wear if you're going for a bright lip color." Best brown shadows for summer: Maybelline Revitalizing Color Eye Shadow in Island Sands; Cover Girl Pro-Colors Single Kit Shadow in Warm; Clarion Silk Palette Eyeshadow Collection in Wildwood and Avon Silk Finish Eyeshadow Quad in Silk Cocoa. The real news is an even bigger brownout: lipsticks in rich henna and cocoa shades. Look for Maybelline Long-Wearing Lipstick in Chocolate Mousse; and Cover Girl Remarkable Lipcolor in Espresso Express.

Vaginal dryness has many causes. Fortunately, there's a long-lasting solution.



Childbirth, menopause, stress—so many reasons vaginal dryness begins. But no estrogen-free, long-lasting solution. Until Replens® vaginal moisturizer.

Comfort that lasts for days. Replens actually replenishes your body with long-lasting natural moisture. Unlike lubricants, Replens can be used in advance, leaving you free to be spontaneous. And Replens comes in convenient, pre-filled applicators.

Works without estrogen. Replens is completely non-hormonal, so you can feel comfortable using it. What's more, it's odorless and contains no irritating perfumes.

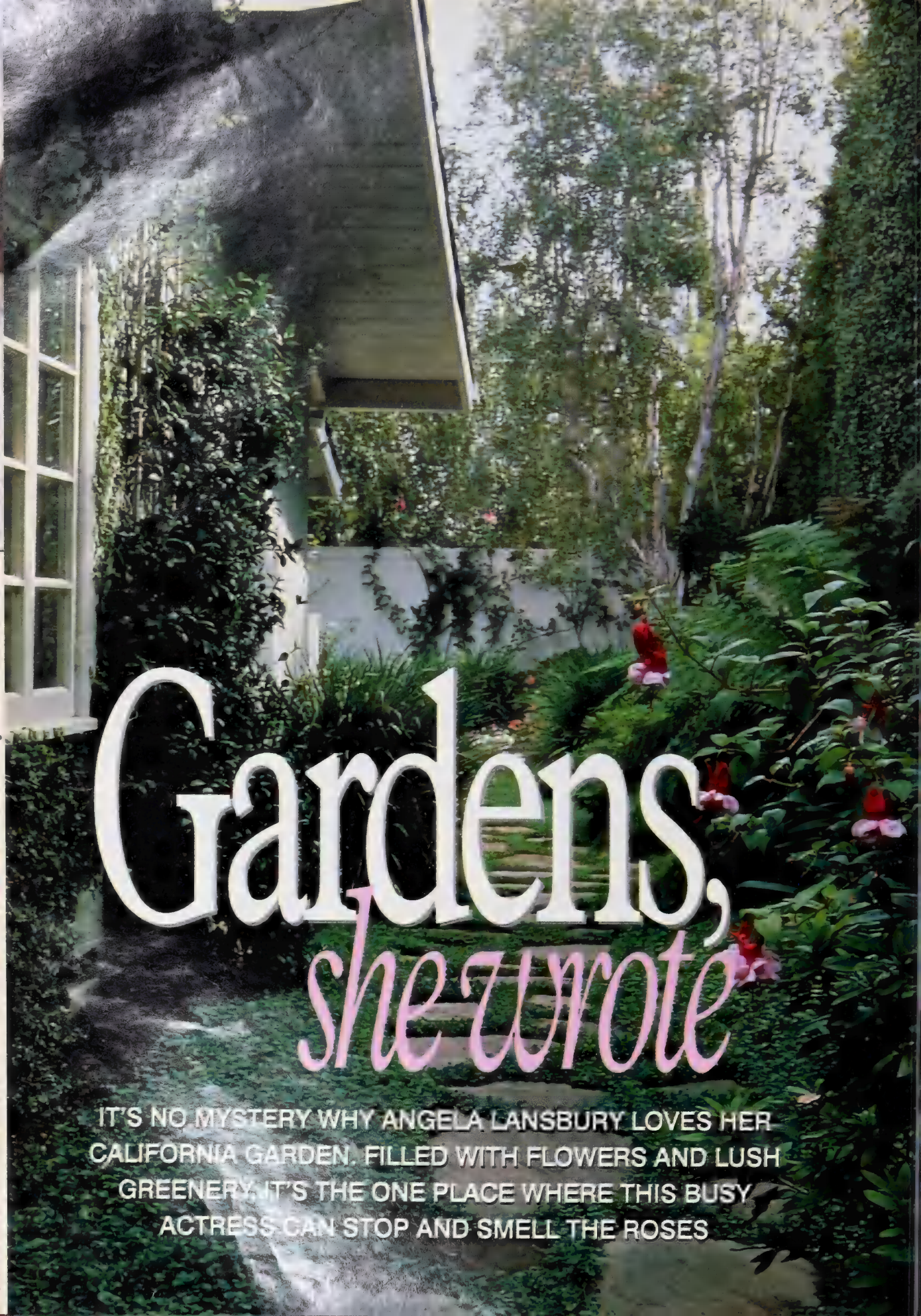
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PARKE-DAVIS FEMALE HEALTH CARE



Gardens, *she wrote*

IT'S NO MYSTERY WHY ANGELA LANSBURY LOVES HER CALIFORNIA GARDEN. FILLED WITH FLOWERS AND LUSH GREENERY, IT'S THE ONE PLACE WHERE THIS BUSY ACTRESS CAN STOP AND SMELL THE ROSES

When Angela Lansbury and her husband of forty-three years, Peter Shaw, moved into their contemporary Los Angeles home seven years ago, they immediately focused all their energy on landscaping before they even thought about the interior! Though the inside *is* lovely—filled with sunlight streaming through the large picture windows as well as Angela's warm, personal touches—the garden is the real attraction. But it wasn't always so inviting.



"When we arrived, the front and the sides of the house were beautifully landscaped, but the backyard was a one-hundred-foot drop of untamed brush," says Angela. "Somehow I envisioned a path that would wind its way down the hill, surrounded by flowering plants, but I wasn't sure how we'd do it."

It was an enormous project, but Angela, an enthusiastic gardener, couldn't wait to get started. She sketched a few rough ideas that served as a guide for the landscaper, and worked endless hours watering, weeding, and planting. But it wasn't until the project became a family endeavor that Angela's vision really took shape. "My stepson David is a terrific builder, and he actually terraced three forty-foot beds, each about six feet wide. I use one for perennials, another for my roses, and the third one is a marvelous vegetable garden. There's nothing like picking vegetables that you've grown yourself."





JASMINE, FUCHSIAS AND DICHONDRAS LINE THE CHARMING STONE PATH ALONG THE SIDE OF THE HOUSE, LEFT. THE BACKYARD, RIGHT, WAS A STEEP HILL OF WEEDS AND BRUSH BEFORE ANGELA TRANSFORMED IT WITH A LITTLE MORE GREENERY AND A LOT OF TLC. BELOW, THE SUNKEN POOL IS SURROUNDED BY SHADY PALMS AND BANANA TREES

What makes Angela's garden particularly appealing are the quaint stone paths surrounded by flowers that meander through the grounds. Not *(continued)*


"Gardening is
the most
relaxing thing
I know
how to do"





THE TERRACE OFFERS A SWEEPING VIEW OF FLOWER BEDS THAT WIND THEIR WAY DOWN THE BACKYARD HILL. ANGELA IS SO DEVOTED TO HER GARDEN THAT SHE SET UP A SMALL GREENHOUSE ON HER PROPERTY WHERE SHE NURTURES SEEDLINGS AND TENDS TO HER ORCHIDS, A NEW PASSION. ROSES AND AZALEAS ARE TWO OTHER FAVORITES. ANGELA EVEN PLANTS A VARIETY OF BULBS JUST FOR THE SUMMER MONTHS

(continued) your typical California garden. In fact, it resembles an English country garden, and it's no wonder: Angela was inspired by the English countryside of her youth.

Although the garden, along with a beautiful swimming pool and large deck, makes Angela's home perfect for parties, Angela doesn't like to entertain. And unless her children or grandchildren are visiting, she's usually enjoying her garden all by herself. "Gardening is the most relaxing thing I know how to do. When I'm absolutely wound up like a clock, I just walk straight through the house, drop my coat, and head into the garden," she says.

Not that she has much time to relax these days. This fall will mark her ninth season on *Murder, She Wrote*, during which she'll make her debut as executive producer. "I realized that after eight years on the job, I knew as much about what makes the show work as anybody else does. Now I'll have the muscle to push through the ideas that I believe in."



With her new responsibilities on *Murder*, as well as her work on *Mrs. 'Arris Goes to Paris*, a TV movie due to air this fall, and the construction of a country home in Ireland that she and Peter hope to complete by the end of the year, Angela is busier than ever. "Every now and then I think I shouldn't have worked so much throughout the years, but ultimately, I guess I'm not sorry that I have," she says. "I don't feel as if I've really missed anything. Here I am, working on a show I believe in, living in a house with a garden I just adore, and always ready for new challenges." —Susan Swimmer

The news about today's pork is more than just sizzle.

Here's the latest, hot off the press. Today's pork is 31% leaner, 14% lower in calories and 29% lower in saturated fat than it was only 10 years ago. It's quite a change.

But one thing hasn't changed. And that's the wonderful flavor of pork. So tender and juicy. Pork is the perfect match for any meal. And what could be more versatile! Greek Pork Pita Pockets, for example, are easy enough for everyday, fun enough for a party. Quick and tasty.

For more pork recipes, send a self-addressed, stamped business-size envelope to: RECIPES-AD, BOX 10383, Des Moines, IA 50306.



Greek Pork Pita Pocket

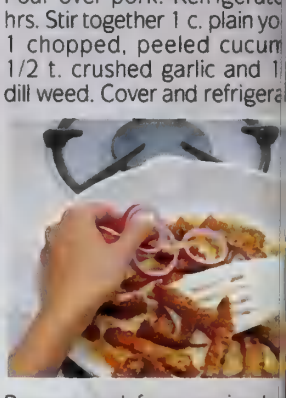
(Serves 4)



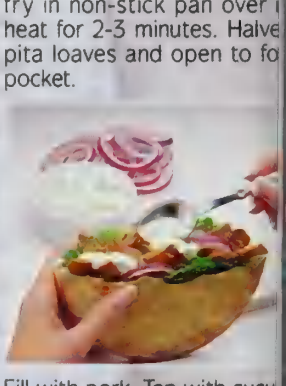
Cut 1 lb. boneless pork loin thin strips. Combine 4 T. each oil and lemon juice, 1 T. prep mustard, 2 cloves minced g and 1 t. dried oregano.



Pour over pork. Refrigerate hrs. Stir together 1 c. plain yo 1 chopped, peeled cucum 1/2 t. crushed garlic and 1 dill weed. Cover and refrigera



Remove pork from marinade fry in non-stick pan over heat for 2-3 minutes. Halve pita loaves and open to fo pocket.



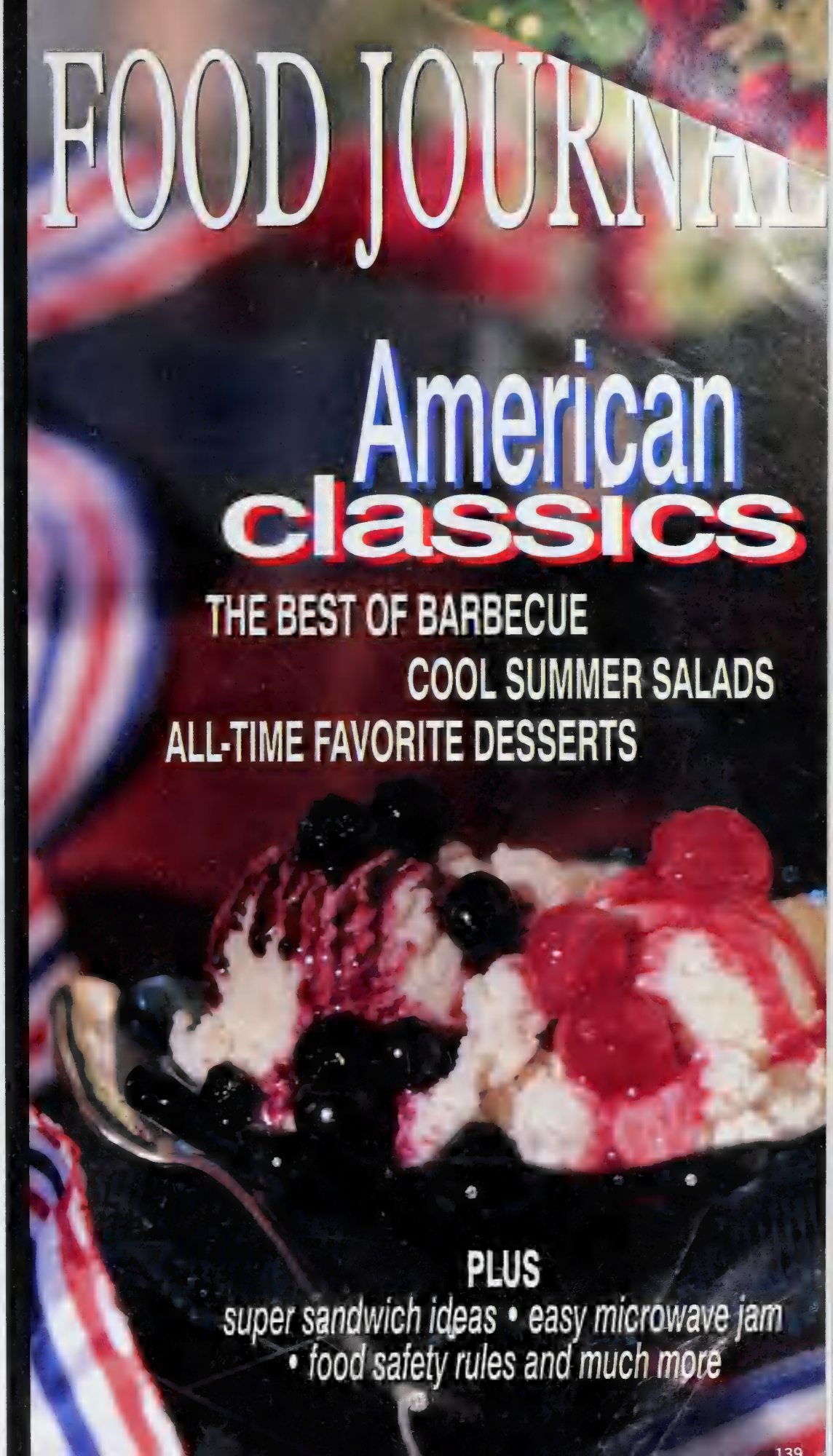
Fill with pork. Top with cucu mixture. Garnish with cho red onion.

pork®

The Other White Meat

America's Pork Producers

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FOOD JOURNAL
American
classics
THE BEST OF BARBECUE
COOL SUMMER SALADS
ALL-TIME FAVORITE DESSERTS
PLUS
super sandwich ideas • easy microwave jam
• food safety rules and much more



PREVIOUS PAGE: RED, WHITE, AND BLUE SUNDAE. ABOVE: BURGER, DOUBLEHEADER BAKED BEANS, SUMMER VEGGIE SLAW; RIGHT: LEMON CHIFFON CAKE

American classics

Burgers sizzling on the grill, garden-fresh veggies, desserts Grandma would be proud of: This is the food America loves best—come and get it!

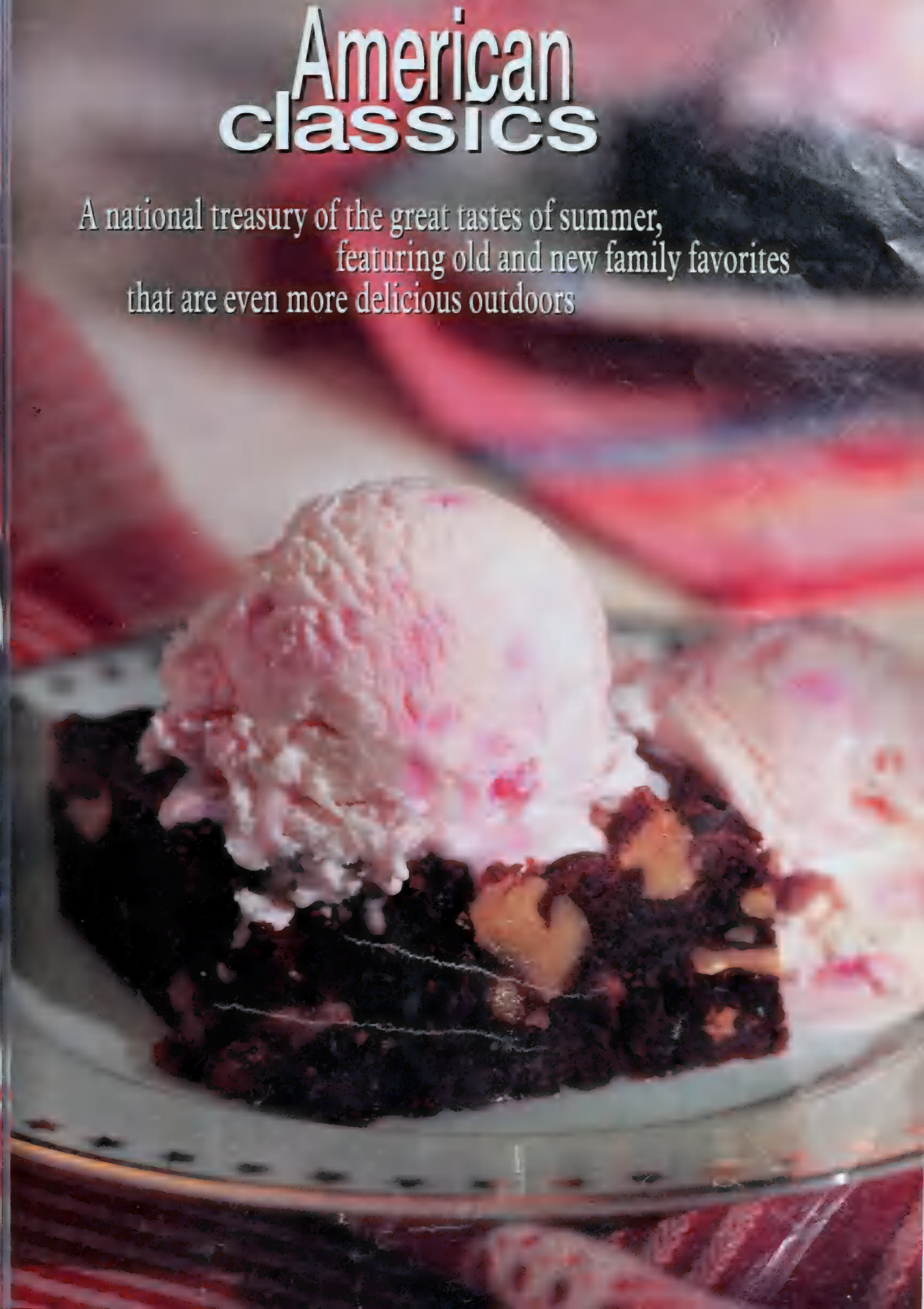




ABOVE: LEAN 'N' TASTY BARBECUED CHICKEN, FIRST-PRIZE POTATO SALAD, TOMATO-ONION SALAD. RIGHT: OLD-FASHIONED BROWNIE WITH PEPPERMINT ICE CREAM

American classics

A national treasury of the great tastes of summer,
featuring old and new family favorites
that are even more delicious outdoors

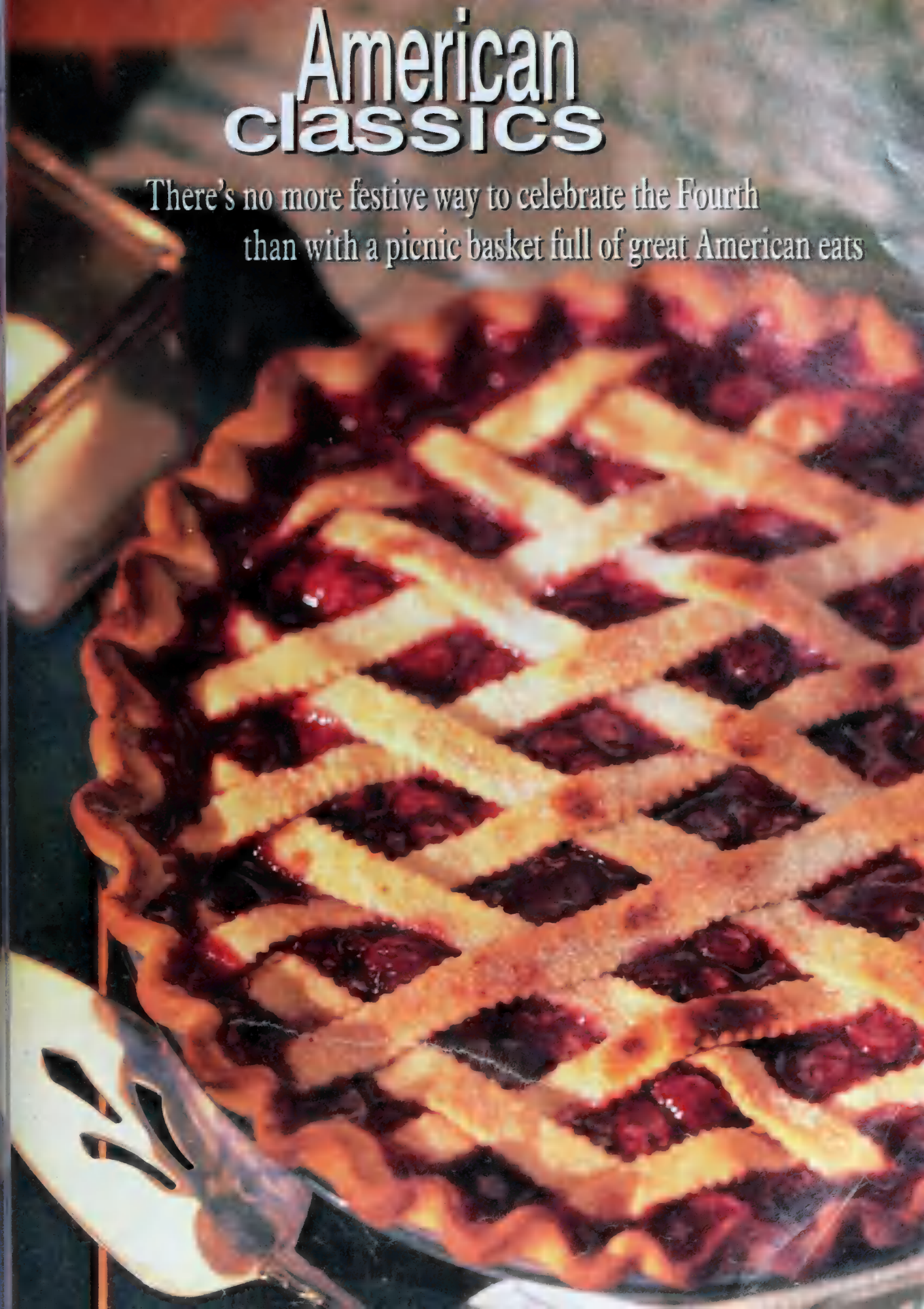




ABOVE: A SELECTION OF SAUSAGES, HEAT-WAVE CHICKEN WINGS, CORN-ZUCCHINI SALAD AND CREAMY COLESLAW. RIGHT: FRESH CHERRY PIE

American classics

There's no more festive way to celebrate the Fourth than with a picnic basket full of great American eats



○ Easy ● Challenging ▼ Low-fat
Moderate Ⓜ Microwave ▽ Low-calorie

NO-COOK BURGER TOPPERS

Fastest recipe of the month *Hamburger heaven! Select any of our three sensational summer toppers to serve on one of America's favorite foods.*
Total prep time: 10 minutes ○

For each serving, place 1 cooked burger on toasted hamburger roll and serve with choice of toppers.

Red, White and Blue: 1 tablespoon crumbled blue cheese, 1 slice tomato, 1 slice sweet white onion and 1 lettuce leaf.

Per serving		Daily goal
Calories	320	2,000 (F), 2,500 (M)
Total fat	10 g	60 g or less (F); 70 g or less (M)
Saturated fat	3 g	20 g or less (F); 23 g or less (M)
Cholesterol	77 mg	300 mg or less
Sodium	623 mg	2,400 mg or less
Carbohydrates	26 mg	250 g or more
Protein	32 g	55 g to 90 g

Avocado-Salsa: Combine 1 ripe avocado, peeled and cut into chunks, 1/4 cup reduced-fat sour cream, 2 tablespoons chopped fresh cilantro, 1 tablespoon fresh lemon juice, 1/2 teaspoon cumin, 1/4 teaspoon salt and a pinch ground red pepper in bowl. Mash with fork until just blended. *(Can be made ahead. Cover and refrigerate up to 4 hours.)* Makes 1 cup. Spoon 1 tablespoon prepared salsa on each burger and top with 1/4 cup avocado mixture and 1 tablespoon chopped green onion.

Per serving		Daily goal
Calories	395	2,000 (F), 2,500 (M)
Total fat	17 g	60 g or less (F); 70 g or less (M)
Saturated fat	4 g	20 g or less (F); 23 g or less (M)
Cholesterol	76 mg	300 mg or less
Sodium	734 mg	2,400 mg or less
Carbohydrates	30 mg	250 g or more
Protein	32 g	55 g to 90 g

Minty Yogurt: Combine 1 container (8 oz.) plain low-fat yogurt, 1/4 cup chopped green onions, 2 tablespoons chopped fresh mint, 1/2 teaspoon salt, 1/4 teaspoon freshly ground pepper and a pinch cumin in bowl. *(Can be made ahead. Cover and refrigerate up to 4 hours.)* Makes 1 cup. Spoon 2 tablespoons on each burger.

Per serving		Daily goal
Calories	300	2,000 (F), 2,500 (M)
Total fat	8 g	60 g or less (F); 70 g or less (M)
Saturated fat	2 g	20 g or less (F); 23 g or less (M)
Cholesterol	73 mg	300 mg or less
Sodium	660 mg	2,400 mg or less
Carbohydrates	26 mg	250 g or more
Protein	31 g	55 g to 90 g

LEAN 'N' TASTY BARBECUED CHICKEN

Stay close to the grill: Boneless chicken cooks faster than bone-in, and you don't want to overcook everyone's barbecue favorite. Make the sauce ahead to give the flavors a chance to mellow.
Prep time: 35 minutes plus marinating
Cooking time: 12 to 14 minutes ▼▽○

Barbecue Sauce
- 1 tablespoon vegetable oil
- 1 cup chopped onions
- 1 tablespoon minced garlic
- 1 tablespoon chili powder
- 1/2 cup ketchup
- 1/2 cup strong-brewed coffee
- 1/4 cup Worcestershire sauce
- 1/4 cup cider vinegar
- 1/4 cup firmly packed brown sugar
- 1/2 teaspoon salt

- 2 teaspoons cumin
- 1 teaspoon paprika
- 1 teaspoon dry mustard
- 1/4 teaspoon freshly ground pepper
- 1/8 to 1/4 teaspoon ground red pepper
- 8 boneless, skinless chicken breast halv or thighs (about 2 lb.)
- Salt

Barbecue Sauce: Heat oil in med saucepan over medium-high heat. onions and cook until translucent, 2 utes. Add garlic and chili powder; co minute more. Stir in remaining ingredi Bring to boil, reduce heat and simme minutes, until slightly thickened. C *(Can be made ahead. Cover and refr ate up to 1 week.)* Makes 1 2/3 cups.

Combine cumin, paprika, mustard peppers in cup. Place chicken in l glass bowl and rub all over with cu mixture. Cover and refrigerate 1 h *(Can be made ahead. Cover and refr ate up to 24 hours.)* (contin

HERE'S THE BEEF

What's the secret of a great burger: Is it the meat, the method, or both? To find out, we cooked up burgers made from different cuts of be the stove top, under the broiler (we used both electric and gas ovens) and on the grill. For each burger, we started with five ounces of shaped into a 3/4-inch-thick patty. Cooking time: 4 to 4 1/2 minutes per side, turning once, for medium-rare. Here are the revealing results.

CUTS OF BEEF, CALORIES, FAT	SKILLET Preheat pan over medium heat 5 minutes. Cook uncovered.	BROILER Preheat broiler (not broiler pan). Place pan 3 to 4 inches from heat.	GRILL Prepare grill. Grill uncovered o medium coals 5 inches from h
Low-fat ground beef (91% to 96% lean), 176, 6 g	Meat with little fat tends to stick to the pan, develop a thick crust and dry out quickly. Not recommended.	Meat cooks evenly, retains moisture and flavor.	Grilling is our hands-down favo with all the meats. It helps lean beef by actually adding flavor t cutting fat leaves out.
Ground beef plus extenders (made with oat bran), 198, 9 g	A nonstick skillet is essential. We tasted this plain; try it on a bun, with the works.	Not the method for this type of beef: The meat sticks to the broiler pan and doesn't taste beefy enough.	Enhances the meat with flame-broiled taste.
Ground round (90%), 272, 16 g	As with low-fat beef, this method yields a dry, crusty burger.	Low-fat beef cooks well in the broiler: The burger is moist and tasty.	M-m-m-m-m.
Ground sirloin (85%), 225, 12 g	Great for beef with a higher fat content than those above. The direct heat sears the outside, seals the flavorful juices in.	Strong, meaty flavor.	The best.
Ground chuck (80%), 304, 20 g	A juicy burger with good color and flavor.	Fat splatters; unappetizing beads collect on the surface of the meat. Not recommended.	As fat drains off during cookin meat stays tender and juicy ar has the smoky flavor you can't from the skillet.
Regular ground beef (73%), 330, 24 g	Dark and appetizing outside, pink and juicy inside.	See above.	As with low-fat meats, grilling boosts the flavor. The burger t meaty, not fatty.



DELIVERY IN 30 MINUTES OR LESS. TIPPING NOT REQUIRED.

The next time you
a craving for pizza,
h for some beef in-
d of the telephone.
's a simple recipe
naking anything but
ame old pie.

Beef Industry Council and Beef Board

BEEF TORTILLA PIZZA – 27 MINUTES

- 1 lb lean ground beef
- 1 med onion, chopped
- 1 tsp *each* dried oregano leaves and salt
- 4 lg (10") flour tortillas
- 1 med tomato, seeded and chopped
- 1 Tbsp thinly sliced fresh basil leaves
- 1 c shredded mozzarella cheese
- ¼ c grated Parmesan cheese

Brown ground beef and onion in skillet over med heat 8 to 10 min or until beef is no longer pink. Pour off drippings. Stir oregano and salt into beef. Lightly brush tortillas with oil. Bake tortillas on 2 baking sheets in preheated 400°F oven 3 min. Spoon beef mixture evenly over top of each tortilla; top with an equal amount of tomato. Sprinkle with basil and cheeses. Return to oven and bake 12 to 14 min or until lightly browned. 4 servings.

Why don't you give it a try? And have dinner arrive at your table instead of at your front door for a change.

BEEFSM

IT'S WHAT'S FOR DINNER.

To grill: Prepare grill. Sprinkle chicken pieces lightly with salt. Brush one side with 1/2 cup Barbecue Sauce. Place pieces, brushed side down, 5 inches from heat and grill over medium coals 7 minutes. Brush another 1/2 cup sauce over chicken. Turn chicken over and grill 5 to 7 minutes more, turning occasionally and basting with more sauce if desired.

To broil: Preheat broiler. Place chicken on foil-lined broiler pan and broil 3 to 4 inches from heat 10 to 16 minutes, basting pieces with sauce and turning as directed for grilling. Makes 8 servings.

Per serving		Daily goal
Calories	195	2,000 (F), 2,500 (M)
Total fat	3 g	60 g or less (F); 70 g or less (M)
Saturated fat	.5 g	20 g or less (F); 23 g or less (M)
Cholesterol	58 mg	300 mg or less
Sodium	477 mg	2,400 mg or less
Carbohydrates	16 mg	250 g or more
Protein	24 g	55 g to 90 g

HEAT-WAVE CHICKEN WINGS

Budget recipe of the month *You'll wow the crowd when you serve these as an appetizer—of course, they're also great as the main event. Our trio of sauces are for those who like it hot, hotter and hottest!*

Prep time: 20 minutes O M
Cooking time: 50 minutes

1 cup cider vinegar
1/2 cup water
1 cup minced onions
2 teaspoons sugar
2 teaspoons red pepper flakes
1 teaspoon salt
1 teaspoon freshly ground pepper
6 pounds chicken wings, tips trimmed

Preheat oven to 475°F. Adjust 2 oven racks to center and lowest positions. Line 2 jelly-roll pans or roasting pans with foil. Combine vinegar, water, onions, sugar, red pepper flakes, salt and pepper in small saucepan. Bring to boil, reduce heat and simmer 5 minutes.

Place chicken in prepared pans and brush 1/2 cup vinegar sauce over wings in each pan. Bake 20 minutes. Turn wings over and brush remaining sauce on top. Switch positions of pans. Bake 20 minutes more. Turn wings over and switch pans again; bake 10 minutes more. Serve with your choice of hot sauces (recipes follow). Makes 6 main-dish servings.

Per serving without sauce		Daily goal
Calories	510	2,000 (F), 2,500 (M)
Total fat	33 g	60 g or less (F); 70 g or less (M)
Saturated fat	9 g	20 g or less (F); 23 g or less (M)
Cholesterol	144 mg	300 mg or less
Sodium	324 mg	2,400 mg or less
Carbohydrates	3 mg	250 g or more
Protein	46 g	55 g to 90 g

Hot Sauce: Combine 1/4 cup each Dijon mustard, sour cream and mayonnaise and 1/2 teaspoon red pepper sauce in small bowl. *(Can be made ahead. Cover and refrigerate up to 24 hours.)* Makes 3/4 cup.

Per tablespoon		Daily goal
Calories	50	2,000 (F), 2,500 (M)
Total fat	5 g	60 g or less (F); 70 g or less (M)
Saturated fat	1 g	20 g or less (F); 23 g or less (M)
Cholesterol	5 mg	300 mg or less
Sodium	184 mg	2,400 mg or less
Carbohydrates	1 mg	250 g or more
Protein	0 g	55 g to 90 g

Hotter Sauce: Combine 1/2 cup ketchup, 2 tablespoons firmly packed brown sugar and 2 teaspoons red pepper flakes in 1-cup microwaveproof measure. Microwave on High 1 to 1 1/2 minutes, until boiling. *(Can be made ahead. Cover and refrigerate up to 24 hours.)* Cool. Makes 2/3 cup.

Per tablespoon		Daily goal
Calories	25	2,000 (F), 2,500 (M)
Total fat	0 g	60 g or less (F); 70 g or less (M)
Saturated fat	0 g	20 g or less (F); 23 g or less (M)
Cholesterol	0 mg	300 mg or less
Sodium	143 mg	2,400 mg or less
Carbohydrates	6 mg	250 g or more
Protein	0 g	55 g to 90 g

Hottest Sauce: Combine 1/4 cup each red pepper sauce, prepared horseradish, minced onion and minced green pepper in bowl. *(Can be made ahead. Cover and refrigerate up to 4 hours.)* Makes 3/4 cup.

Per tablespoon		Daily goal
Calories	5	2,000 (F), 2,500 (M)
Total fat	0 g	60 g or less (F); 70 g or less (M)
Saturated fat	0 g	20 g or less (F); 23 g or less (M)
Cholesterol	0 mg	300 mg or less
Sodium	136 mg	2,400 mg or less
Carbohydrates	1 mg	250 g or more
Protein	0 g	55 g to 90 g

For info on hot dogs and sausages to add to your classics menu, turn to page 163.

Menu

This month's menu is a Fourth of July feast, a perfect prelude to enjoying the parades and fireworks displays.

Bacon-Horseradish Deviled Eggs
Grilled burgers with a trio of toppers
Lean 'n' Tasty Barbecued Chicken
First-Prize Potato Salad
Summer Veggie Slaw
Fresh Cherry Pie
Red, White and Blue Sundaes
Front-Porch Lemonade or beer

It's a slaw draw *There are two kinds of slaw-lovers: those who prefer mayonnaise and those who swear by oil and vinegar. Our double take on a classic side dish is guaranteed to keep everyone happy.*

CREAMY COLESLAW

Total prep time: 15 minutes O

1 container (8 oz.) sour cream
1/2 cup mayonnaise
1/4 cup chopped fresh dill or 1 teaspoon dillweed
2 tablespoons Dijon mustard
2 tablespoons fresh lemon juice
1/2 teaspoon salt
1/2 teaspoon freshly ground pepper
1/4 teaspoon celery seeds
8 cups thinly sliced green cabbage
1 cup shredded carrots
1 cup chopped Granny Smith apple
1/3 cup chopped red onion

Combine sour cream, mayonnaise, c mustard, lemon juice, salt, pepper and c ery seed in large bowl; stir. Add remain ingredients and toss well. *(Can be mc ahead. Cover and refrigerate up t hours.)* Makes 10 cups.

Per cup		Daily goal
Calories	160	2,000 (F), 2,500 (M)
Total fat	14 g	60 g or less (F); 70 g or less
Saturated fat	4 g	20 g or less (F); 23 g or less
Cholesterol	16 mg	300 mg or less
Sodium	289 mg	2,400 mg or less
Carbohydrates	8 mg	250 g or more
Protein	2 g	55 g to 90 g

SUMMER VEGGIE SLAW

Total prep time: 25 minutes

3 tablespoons distilled white vinegar
2 tablespoons soy sauce
1/2 teaspoon freshly ground pepper
1/8 teaspoon red pepper sauce
6 tablespoons vegetable oil
6 cups thinly sliced green cabbage
2 cups thinly sliced red cabbage
1 cup shredded carrots
1 bunch watercress, trimmed (2 cups)
1/2 cup sliced green onions

Whisk vinegar with soy sauce, pepper red pepper sauce in large bowl; gradu whisk in oil. *(Can be made ahead. Co and refrigerate dressing and vegetal separately up to 8 hours.)* Add remain ingredients and toss well. Makes 11 cup

Per cup		Daily goal
Calories	85	2,000 (F), 2,500 (M)
Total fat	8 g	60 g or less (F); 70 g or less
Saturated fat	1 g	20 g or less (F); 23 g or less
Cholesterol	0 mg	300 mg or less
Sodium	204 mg	2,400 mg or less
Carbohydrates	5 mg	250 g or more
Protein	1 g	55 g to 90 g

DOUBLEHEADER BAKED BEANS

What's a summer picnic without a po Boston's finest? Our tasty version calls pinto and black beans, but you can m the recipe your own by using cans of y favorite beans.

Prep time: 20 minutes C
Baking time: 1 1/2 hours

1/4 pound salt pork, rind removed, or bacon, diced
1 1/2 cups chopped onions
2 teaspoons minced garlic
2 cans (15 oz. each) black beans, drain and rinsed
2 cans (15 oz. each) pinto beans, drain and rinsed
1/2 cup ketchup
1/2 cup unsulfured molasses
1/2 cup water
1/4 cup firmly packed brown sugar
1/4 cup cider vinegar
2 teaspoons dry mustard
1/2 teaspoon freshly ground pepper
1/2 teaspoon red pepper sauce

Preheat oven to 325°F. Cook salt porl skillet over medium heat until *(continu*

When you're cooking your best, nothing tastes better than real butter.

Pure, natural, great-tasting butter...its natural quality and great taste enhance any meal. When you're cooking your best, nothing makes it more special than the fresh, great taste of real dairy butter.

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National Dairy Board



'92 National Dairy Board.

golden, 5 minutes. Add onions and garlic; cook until softened, 3 minutes. Transfer to 2½-quart casserole; stir in remaining ingredients. Cover and bake 1 hour. Stir, then bake uncovered 30 minutes more. *(Can be made ahead. Cool to room temperature. Cover and refrigerate up to 2 days. Microwave on High 10 minutes, stirring every 3 minutes.)* Makes 6 cups.

Per ½ cup		Daily goal
Calories	225	2,000 (F), 2,500 (M)
Total fat	8 g	60 g or less (F); 70 g or less (M)
Saturated fat	3 g	20 g or less (F); 23 g or less (M)
Cholesterol	8 mg	300 mg or less
Sodium	493 mg	2,400 mg or less
Carbohydrates	31 mg	250 g or more
Protein	6 g	55 g to 90 g

FIRST-PRIZE POTATO SALAD

The secret that makes our salad so special? Tossing the cubed potatoes with the vinaigrette while they're still warm so the flavors are more readily absorbed.

Prep time: 30 minutes plus cooling ○

4 pounds all-purpose potatoes, unpeeled
⅓ cup red wine vinegar
2 tablespoons Dijon mustard
2 teaspoons salt
1 teaspoon freshly ground pepper
½ cup vegetable or olive oil
3 cups chopped celery
1 cup minced red onions
½ cup chopped fresh parsley
¼ cup chopped fresh tarragon or 1 teaspoon dried

Place potatoes in salted water to cover in large saucepan. Bring to boil; cook just until tender when pierced with fork, 20 to 30 minutes. Drain. When cool enough to handle, peel potatoes and cut into 1-inch chunks.

Meanwhile, whisk vinegar, mustard, salt and pepper in large bowl. Gradually whisk in oil. Add warm potatoes and toss. *(Can be made ahead. Cover and refrigerate up to 24 hours.)* Cool to room temperature, then add remaining ingredients. Makes 13 cups.

Per cup		Daily goal
Calories	170	2,000 (F), 2,500 (M)
Total fat	9 g	60 g or less (F); 70 g or less (M)
Saturated fat	1 g	20 g or less (F); 23 g or less (M)
Cholesterol	0 mg	300 mg or less
Sodium	440 mg	2,400 mg or less
Carbohydrates	22 mg	250 g or more
Protein	3 g	55 g to 90 g

TOMATO-ONION SALAD WITH HERBS

For this recipe, we used a chef's trick of soaking the onion to remove its strong, bitter flavor. Sweet onions go by many different names—look for Bermuda, Vidalia, Maui, and Texas Sweets.

Prep time: 15 minutes plus soaking ▽○

4 thin slices sweet onion, separated into rings
3 large ripe tomatoes (1½ lbs.), sliced
Salt and freshly ground pepper
1 tablespoon balsamic vinegar
1 tablespoon chopped fresh parsley
1 teaspoon chopped fresh thyme
1 teaspoon chopped fresh oregano
2 tablespoons extra-virgin olive oil

Combine onion and ice water to cover in bowl. Refrigerate 1 hour. Drain on paper towels. Arrange on serving platter with tomatoes. Sprinkle lightly with salt and pepper.

Whisk vinegar, parsley, thyme, oregano and ¼ teaspoon salt in small bowl. Gradually whisk in oil until blended. Drizzle dressing over tomatoes and onion. Makes 8 servings.

Per serving		Daily goal
Calories	55	2,000 (F), 2,500 (M)
Total fat	4 g	60 g or less (F); 70 g or less (M)
Saturated fat	.5 g	20 g or less (F); 23 g or less (M)
Cholesterol	0 mg	300 mg or less
Sodium	77 mg	2,400 mg or less
Carbohydrates	5 mg	250 g or more
Protein	1 g	55 g to 90 g

CORN-ZUCCHINI SALAD

This quick side dish is a harvest of fresh veggies and herbs. The easiest way to cut up a large amount of basil: Stack the leaves, roll up like a cigar and slice.

Prep time: 15 minutes plus cooling ▽○
Cooking time: 10 minutes

2 tablespoons olive oil, divided
3½ cups fresh corn kernels (from 6 ears)
3½ cups diced zucchini (3 small)
¼ cup sliced green onions
2 tablespoons fresh lemon juice
1 teaspoon salt
½ teaspoon freshly ground pepper
1 cup diced radishes
½ cup julienned fresh basil

Heat 1 tablespoon oil in large skillet over high heat. Add corn and cook, stirring occasionally, until tender, 5 minutes. Transfer to large bowl. Heat remaining 1 tablespoon oil in same skillet. Add zucchini and cook, stirring, until tender and beginning to brown, 3 minutes. Add to corn and toss with green onions, lemon juice, salt and pepper. Cool to room temperature. Add radishes and basil and toss. *(Can be made ahead. Cover and refrigerate up to 3 hours.)* Makes 6 cups.

Per ½ cup		Daily goal
Calories	70	2,000 (F), 2,500 (M)
Total fat	3 g	60 g or less (F); 70 g or less (M)
Saturated fat	0 g	20 g or less (F); 23 g or less (M)
Cholesterol	0 mg	300 mg or less
Sodium	194 mg	2,400 mg or less
Carbohydrates	11 mg	250 g or more
Protein	2 g	55 g to 90 g

FRONT-PORCH LEMONADE

A cool glass of homemade lemonade is truly one of life's simple pleasures. When was the last time you indulged?

Prep time: 15 minutes plus cooling ▼○
Cooking time: 5 minutes

2 cups sugar
Water
1 lime or half of 1 orange, sliced
2 cups fresh lemon juice
Grenadine syrup or cranberry juice (optional)

Combine sugar and 2 cups water in small saucepan. Bring to boil; boil 1 minute. Remove from heat. Add sliced lime or orange. Cool to room temperature. *(Can be made ahead. Cover and refrigerate up to 24 hours.)* Strain into pitcher; add lemon juice and 5 cups more water. Pour over ice-filled glasses. For pink lemonade, add 2 drops grenadine or 1 tablespoon cranberry juice to each glass. Makes 10 cups.

Per cup		Daily goal
Calories	170	2,000 (F), 2,500 (M)
Total fat	0 g	60 g or less (F); 70 g or less (M)
Saturated fat	0 g	20 g or less (F); 23 g or less (M)
Cholesterol	0 mg	300 mg or less
Sodium	1 mg	2,400 mg or less
Carbohydrates	45 mg	250 g or more
Protein	0 g	55 g to 90 g

GARDEN PARTY DIP



It tastes rich and creamy, but this dip is made with reduced-fat sour cream and low-fat yogurt. Folding in the remaining sour cream at the end helps keep the dip thick.

Total prep time: 15 minutes

1 container (16 oz.) reduced-fat sour cream, divided
½ cup plain low-fat yogurt
1 cup firmly packed flat-leaf parsley
2 green onions, sliced
2 tablespoons fresh tarragon leaves
1 teaspoon anchovy paste
¾ teaspoon salt
¼ teaspoon freshly ground pepper
Assorted fresh vegetables (cherry tomatoes, cucumbers, mushrooms, radishes, endive, asparagus, snowpeas, carrots)

In blender, combine ½ cup sour cream, yogurt, parsley, green onions, tarragon and anchovy paste; blend until smooth. Transfer to bowl. Stir in remaining sour cream, and the salt and pepper. *(Can be made ahead. Cover and refrigerate up to 24 hours.)* Serve with vegetables. Makes 2¼ cups.

Per tablespoon		Daily goal
Calories	25	2,000 (F), 2,500 (M)
Total fat	2 g	60 g or less (F); 70 g or less (M)
Saturated fat	1 g	20 g or less (F); 23 g or less (M)
Cholesterol	4 mg	300 mg or less
Sodium	55 mg	2,400 mg or less
Carbohydrates	1 mg	250 g or more
Protein	1 g	55 g to 90 g

DEVILISH DEVILED EGGS



Pressing the yolks through a (contin



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...erican classics

...tinued

...e makes the creamiest filling. Try all the ...ations: We'll bet you can't eat just one!
...al prep time: 25 minutes ○

...rge eggs, hard-cooked
...blespoons mayonnaise
...blespoon Dijon mustard
...h freshly ground pepper
...rika (optional)

...ce sieve over medium bowl. Halve eggs ...gthwise and transfer yolks to sieve. Press ...ks through sieve; stir in mayonnaise, ...stard and pepper. *(Can be made ...ad. Cover and refrigerate filling and ...tes separately up to 4 hours.)* Spoon fill... into whites and sprinkle paprika on ... Makes 1 dozen.

...ried Eggs: Add 1/4 teaspoon curry pow... to yolk mixture.
...ed Eggs: Add 1 tablespoon chopped ...h dill to yolk mixture.

...e egg		Daily goal
...es	65	2,000 (F), 2,500 (M)
...at	5 g	60 g or less (F); 70 g or less (M)
...ted fat	1 g	20 g or less (F); 23 g or less (M)
...sterol	108 mg	300 mg or less
...n	88 mg	2,400 mg or less
...hydrates	1 mg	250 g or more
...n	3 g	55 g to 90 g

...on-Horseradish Eggs: Add 1 teaspoon ...pared horseradish to yolk mixture; ...nkle stuffed eggs with 2 slices bacon, ...ked and crumbled.

...e egg		Daily goal
...es	70	2,000 (F), 2,500 (M)
...at	6 g	60 g or less (F); 70 g or less (M)
...ted fat	1 g	20 g or less (F); 23 g or less (M)
...sterol	109 mg	300 mg or less
...n	105 mg	2,400 mg or less
...hydrates	1 mg	250 g or more
...n	3 g	55 g to 90 g

...EST-KITCHEN TECHNIQUES

Eggstra, eggstra!

...f your hard-cooked eggs are pitted ...when you peel them and there's a ...reen band between the yolk and ...hite, they've been cooked too long ... on too-high heat. Place eggs in a ...ngle layer in a saucepan and cover ...ith cold water at least an inch ...bove eggs. Bring to a boil, cover ...nd remove from heat. Let stand ...fteen to seventeen minutes, then ...nmediately plunge the cooked ...gs into cold water. To peel, roll ...e eggs until the shells are mapped ...ith cracks. Let cool, then peel.

For deviled eggs that look as ...od as they taste, spoon yolk ...ixture into a plastic storage ...ag, snip one corner and pipe ...to the whites.

...EET-CREAM ICE CREAM

... three ingredients are needed to create a true taste of Americana. Fold in some crushed peppermint stick, and it tastes just like Christmas in July.
Prep time: 5 minutes plus freezing ○

2 cups heavy or whipping cream
2 cups half-and-half cream
1 cup sugar

Combine creams and sugar in medium bowl and stir until sugar is dissolved. Transfer to ice-cream maker and freeze according to manufacturer's directions. Serve plain or with cherry or blueberry sauce (recipes follow). Makes 6 3/4 cups.

Per 1/2 cup without sauce		Daily goal
Calories	225	2,000 (F), 2,500 (M)
Total fat	17 g	60 g or less (F); 70 g or less (M)
Saturated fat	11 g	20 g or less (F); 23 g or less (M)
Cholesterol	61 mg	300 mg or less
Sodium	28 mg	2,400 mg or less
Carbohydrates	17 mg	250 g or more
Protein	2 g	55 g to 90 g

Peppermint Ice Cream: Decrease sugar to 1/2 cup and stir in 1/2 cup crushed peppermint candy after freezing. Freeze again until firm. Makes 6 1/2 cups.

Per 1/2 cup		Daily goal
Calories	220	2,000 (F), 2,500 (M)
Total fat	18 g	60 g or less (F); 70 g or less (M)
Saturated fat	11 g	20 g or less (F); 23 g or less (M)
Cholesterol	64 mg	300 mg or less
Sodium	31 mg	2,400 mg or less
Carbohydrates	14 mg	250 g or more
Protein	2 g	55 g to 90 g

SUPER CHERRY SAUCE

Sour cherries have a very short season during June, so when you see them, buy them for this spectacular sauce. Why not whip up a batch of blueberry sauce, too? Serve together over ice cream for a very patriotic sundae.
Prep time: 15 minutes ▼○
Cooking time: 5 minutes

2 cups fresh or frozen pitted sour cherries, halved, divided
1/3 cup sugar
2 tablespoons cold water
1 1/2 teaspoons cornstarch
1 teaspoon fresh lemon juice

Combine 1 cup cherries, sugar, water and cornstarch in small saucepan. Bring to boil, stirring occasionally; simmer 1 minute. Remove from heat; stir in remaining 1 cup cherries and the lemon juice. Serve warm or at room temperature. Makes 1 1/2 cups.

Blueberry Sauce: Substitute 2 cups blueberries for cherries.

Per 1/4 cup cherry sauce		Daily goal
Calories	80	2,000 (F), 2,500 (M)
Total fat	0 g	60 g or less (F); 70 g or less (M)
Saturated fat	0 g	20 g or less (F); 23 g or less (M)
Cholesterol	0 mg	300 mg or less
Sodium	0 mg	2,400 mg or less
Carbohydrates	20 mg	250 g or more
Protein	0 g	55 g to 90 g

LEMON CHIFFON CAKE

Food Editor's choice *The ultimate summer cake—it's light, travels well, and goes great with fruit. The recipe calls for cake flour, and it's worth buying: You can get three cakes from a two-pound box. Store any unused flour in the freezer.* (continued)

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Prep time: 20 minutes plus cooling ○
Baking time: 65 to 70 minutes

2 1/4 cups sifted cake flour
1 3/4 cups granulated sugar
1 tablespoon baking powder
1 teaspoon salt
1/2 cup vegetable oil
5 large eggs, separated, plus 3 egg whites, at room temperature
1 tablespoon grated lemon peel
1/2 cup water
1/4 cup fresh lemon juice
1/2 teaspoon cream of tartar

Glaze
1 cup sifted confectioners' sugar
1 tablespoon water
1 tablespoon fresh lemon juice
1/2 teaspoon grated lemon peel

Preheat oven to 325°F. Sift flour, sugar, baking powder and salt into large bowl. Make a wide well in center. Add oil, then egg yolks, lemon peel, water and juice. Whisk until smooth; set aside.

Beat all egg whites in large mixer bowl at medium speed until frothy. Add cream of tartar. Gradually increasing speed, continue beating to stiff peaks. Gradually pour yolk mixture in thin, steady stream into beaten whites, folding in gently with rubber spatula.

Pour batter into ungreased 10-inch tube pan. Bake 65 to 70 minutes, until toothpick inserted halfway between tube and side of pan comes out clean and cake springs back when touched gently. Immediately invert pan onto neck of funnel or bottle; let hang until completely cool, about 3 hours.

To loosen, run metal spatula or knife around side of pan and tube. Invert pan again and remove cake. Turn cake upright onto serving plate. Drizzle top with glaze. Makes 16 servings.

Glaze: Whisk all ingredients together in small bowl until smooth.

Per serving		Daily goal
Calories	245	2,000 (F), 2,500 (M)
Total fat	8 g	60 g or less (F); 70 g or less (M)
Saturated fat	1 g	20 g or less (F); 23 g or less (M)
Cholesterol	66 mg	300 mg or less
Sodium	248 mg	2,400 mg or less
Carbohydrates	39 mg	250 g or more
Protein	4 g	55 g to 90 g

FRESH CHERRY PIE

Test-kitchen favorite *The king of fruit pies—when it's made with fabulous fresh cherries! Cherries are very perishable, so refrigerate them and use within a day or two. Wash the fruit just before using and discard any mushy or shriveled fruit.*
Prep time: 25 minutes plus chilling ◒
Baking time: 60 to 70 minutes

Pastry for double-crust pie
1 cup plus 1 tablespoon sugar
3 tablespoons cornstarch
1/8 teaspoon cinnamon
Pinch salt
5 cups fresh, pitted sour cherries, 1 1/2 pounds frozen cherries or 2 cans (16 oz. each) pitted sour cherries*
2 tablespoons fresh lemon juice
1 tablespoon butter, cut up

Preheat oven to 425°F. Divide pastry into 2 pieces, one slightly larger. Between 2 sheets of wax paper, roll larger piece into 11-inch circle and fit into 9-inch pie pan.

Combine 1 cup sugar, and the cornstarch, cinnamon and salt in large bowl. Add cherries and lemon juice; toss. Spoon into pie pan. Dot with butter. Between 2 sheets of wax paper, roll remaining pastry into 9-inch circle. Cut into 1/2-inch-wide strips and arrange in lattice pattern on top of cherries. Flute edges. Sprinkle lattice with remaining 1 tablespoon sugar. Place on cookie sheet and bake 20 minutes. Reduce oven temperature to 375°F. Bake 40 to 50 minutes more, until bubbly in center. (Cover loosely with foil, if necessary, to prevent browning.) Cool on wire rack 1 hour before serving. Makes 8 servings.

**For canned cherries:* Drain cherries, reserving 1/2 cup juice. Combine 1 cup sugar, 3 tablespoons cornstarch, 1/8 teaspoon cinnamon and a pinch salt in medium saucepan. Stir in reserved cherry juice and 2 tablespoons fresh lemon juice. Bring to boil over medium heat, stirring constantly; boil 1 minute. Remove from heat; stir in cherries. Cool completely. Proceed with recipe.

Per serving		Daily goal
Calories	425	2,000 (F), 2,500 (M)
Total fat	19 g	60 g or less (F); 70 g or less (M)
Saturated fat	5 g	20 g or less (F); 23 g or less (M)
Cholesterol	4 mg	300 mg or less
Sodium	102 mg	2,400 mg or less
Carbohydrates	61 mg	250 g or more
Protein	4 g	55 g to 90 g

OLD-FASHIONED BROWNIES

Indulgent but worth it *It's hard to believe, but before the 1920s, brownies were made without chocolate. Adding that glorious ingredient makes this rich bar cookie a great American dessert.*
Prep time: 10 minutes ○
Baking time: 30 to 32 minutes

3/4 cup all-purpose flour
3/4 cup unsweetened cocoa
1/4 teaspoon salt
3/4 cup butter or margarine, melted
1 teaspoon instant coffee powder
1 1/2 cups sugar
3 large eggs
1 1/2 teaspoons vanilla extract
1/2 pound walnuts, toasted and coarsely chopped

Preheat oven to 350°F. Grease 9-inch square baking pan. Combine flour, cocoa and salt in bowl.

Whisk butter and coffee powder in another bowl. Add sugar, whisking to blend. Add eggs, one at a time, beating well after each addition. Whisk in vanilla. Whisk in dry ingredients just until blended. Stir in nuts.

Pour batter into prepared pan. Bake 30 to 32 minutes, until toothpick inserted in c comes out barely clean. Cool in pa wire rack. Cut 16 squares. Serve with Pe mint Ice Cream (recipe on page 1 Makes 16.

Per brownie without ice cream		Daily goal
Calories	290	2,000 (F), 2,500 (M)
Total fat	19 g	60 g or less (F); 70 g or le
Saturated fat	7 g	20 g or less (F); 23 g or le
Cholesterol	63 mg	300 mg or less
Sodium	135 mg	2,400 mg or less
Carbohydrates	28 mg	250 g or more
Protein	5 g	55 g to 90 g

PEACH-BLUEBERRY COBBLER



Two glorious summer fruits mingle un sweet biscuit top in this warm, cozy de And with ice cream or whipped crea top, it's pure pleasure!
Prep time: 30 minutes
Baking time: 20 to 25 minutes

4 cups peeled, sliced peaches (2 lb.)
1 pint blueberries
3/4 cup sugar
2 tablespoons cornstarch
2 tablespoons cold water
1 tablespoon fresh lemon juice
1/2 teaspoon grated lemon peel

Pastry
1 cup all-purpose flour
2 tablespoons sugar, divided
1 1/2 teaspoons baking powder
1/8 teaspoon salt
1/4 cup cold butter or margarine, c
1/2 cup heavy or whipping cream

Preheat oven to 425°F. Combine pea blueberries, sugar, cornstarch and wa large saucepan. Bring to boil, stirring tly; cook 1 minute. Remove from hea stir in lemon juice and peel. Transfer inch square baking dish.

Pastry: Meanwhile, combine flour, 1 spoon sugar, baking powder and s large bowl. With pastry blender or 2 k cut in butter until mixture resembles c crumbs. Stir in cream. Knead 2 or 3 just until dough holds together. On sh wax paper, roll or pat pastry into 8 square. Invert onto fruit. Peel off wax p Sprinkle with remaining 1 tablespoon s

Place baking dish on cookie sheet. 20 to 25 minutes, until pastry is go Makes 8 servings.

Per serving		Daily goal
Calories	310	2,000 (F), 2,500 (M)
Total fat	12 g	60 g or less (F); 70 g or
Saturated fat	7 g	20 g or less (F); 23 g or
Cholesterol	36 mg	300 mg or less
Sodium	182 mg	2,400 mg or less
Carbohydrates	51 mg	250 g or more
Protein	3 g	55 g to 90 g

Recipes by Carol Prager and Lisa Brai



Dorothy Hamill

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*Based on National Cholesterol Education Program and National Research Council recommendations. Not an endorsement.

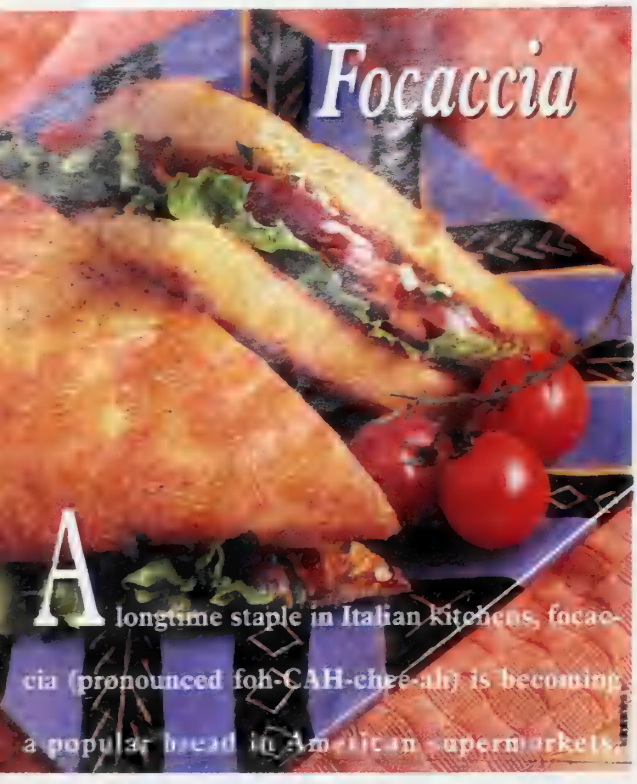


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The joys of summer eating

KEEP YOUR COOL WHEN THE TEMPERATURE RISES WITH OUR QUICK-AND-BREEZY RECIPES, INCLUDING FRESH CORN AND FABULOUS JAM—MADE IN THE MICROWAVE! PLUS, THE SCOOP ON SUMMER FRUIT AND SMART TIPS FOR SAFER EATING



bakeries and restaurants. This flat and chewy Italian bread is usually round, brushed with olive oil and salt and sprinkled with fresh herbs or olives. It's delicious alone or split and stuffed for sensational sandwiches like the three at right.

For each sandwich, split 1 plain focaccia bread (8.8 oz.) and grill or toast lightly on both sides. Fill as directed, then replace top of bread and cut into quarters. Serves 4.

BACON, LETTUCE AND TOMATO

Combine 3 tablespoons mayonnaise and 3 tablespoons julienned basil, and spread on cut sides of toasted focaccia. Layer bottom half with 1 leaf curly-leaf lettuce, 1 large tomato, sliced, and 4 slices bacon, cooked until crisp. Sprinkle with freshly ground pepper.

TUNA

In small bowl, combine 1 can (6 1/8 oz.) water-packed solid white tuna, drained, 2 tablespoons finely chopped red onion, 2 tablespoons celery, 2 tablespoons mayonnaise, 1 tablespoon chopped capers, 1 teaspoon fresh lemon juice and a pinch freshly ground pepper.

Spread bottom half of toasted focaccia with tuna mixture, 1 large tomato, sliced, and 2 large lettuce leaves.

ROASTED PEPPER, MOZZARELLA AND BASIL

Drizzle each cut side of toasted focaccia with 2 teaspoons extra-virgin olive oil. Layer bottom half with 6 ounces fresh mozzarella cheese, sliced thin, 1/3 cup basil leaves and 1/2 cup sliced roasted red peppers. Sprinkle with salt and freshly ground pepper.

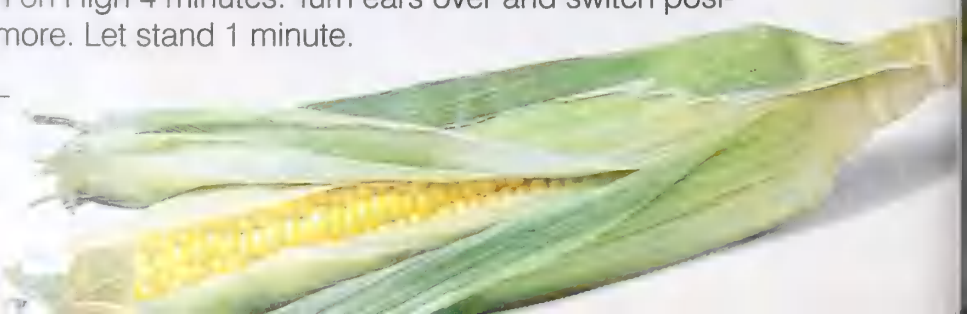
Per serving	BLT	Tuna	Pepper	Daily goal
Calories	285	280	335	2,000 (F), 2,500 (M)
Total fat	15 g	10 g	17 g	60 g or less (F); 70 g or less (M)
Saturated fat	2 g	1 g	1 g	20 g or less (F); 23 g or less (M)
Cholesterol	15 g	24 g	33 mg	300 mg or less
Sodium	505 mg	602 mg	372 mg	2,400 mg or less
Carbohydrates	30 mg	30 mg	31 mg	250 g or more
Protein	10 mg	19 mg	15 mg	55 g to 90 g

Perfect microwave corn

The kernels cook up moist and plump, and the husks and silk are a breeze to remove after cooking. Place 1 ear of corn on paper towel. Microwave on High for 2 minutes; turn over. Microwave 1 1/2 to 2 minutes more. Let stand 1 minute. Carefully remove husk and silk.

For 4 ears: Microwave corn on High 4 minutes. Turn ears over and switch positions; microwave 4 minutes more. Let stand 1 minute.

Per ear		Daily goal
Calories	75	2,000 (F), 2,500 (M)
Total fat	1 g	60 g or less (F); 70 g or less (M)
Saturated fat	0 g	20 g or less (F); 23 g or less (M)
Cholesterol	0 mg	300 mg or less
Sodium	14 mg	2,400 mg or less
Carbohydrates	17 mg	250 g or more
Protein	3 g	55 g to 90 g



f you're not tossing a salad with Lawry's, you're missing something.



We took an elegant Cabernet Sauvignon from Sonoma, California. Carefully aged in oak casks. Then combined its mellow, full-bodied flavor with a delicate blend of savory ingredients. Creating a truly intriguing way to dress a salad. May we also suggest our equally tantalizing White Wine Vinaigrette with Chardonnay. As well as our superb Italian and Caesar Classic Dressings. Lawry's. One taste and you'll know what you've been missing.



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Microwave strawberry-peach jam



Whip up a pint of scrumptious jam in less than fifteen minutes! It will keep in the refrigerator up to a month—if there's any left.

Combine 1 pint strawberries, hulled and coarsely mashed, 1 ripe peach, peeled and chopped, and 1 cup sugar in shallow 2-quart microwaveproof dish (12½x7x2 inches). Let stand 10 minutes. Microwave on High 12 to 14 minutes, stirring every 4 minutes, until thickened. Stir in 1 teaspoon fresh lemon juice; cool to room temperature. Transfer to 1-pint jar and refrigerate until cold, 3 hours. Makes 2 cups.

Per tablespoon		Daily goal
Calories	30	2,000 (F), 2,500 (M)
Total fat	0 g	60 g or less (F); 70 g or less (M)
Saturated fat	0 g	20 g or less (F); 23 g or less (M)
Cholesterol	0 mg	300 mg or less
Sodium	0 mg	2,400 mg or less
Carbohydrates	7 mg	250 g or more
Protein	0 g	55 g to 90 g

Summertime and the snackin' is easy



Our top summer-snacking picks: healthy, delicious fruits! They're full of carbohydrates and fiber, and they're practically fat- and sodium-free.

NECTARINE A medium nectarine contains 67 calories and is a good source of potassium and vitamin A. Choose nectarines with a yellow background and no traces of green at the stem end. Remember, redness does not mean ripeness—the amount of blush differs greatly among varieties. To ripen, store fruit in a loosely closed paper bag at room temperature for up to three days, until it yields when squeezed gently. If you don't plan to eat the fully ripe fruit right away, store it in the refrigerator up to two days.

PLUM A medium plum contains 36 calories and is a good source of vitamins A and C and potassium. More than a dozen varieties of plums come to market between May and October. They vary in color from red to purplish-black to green; the darker ones are a little sweeter. Popular red varieties are Santa Rosa and Casselman; popular blacks, Friar, Simka and Queen Rosa. Green Kelsey plums are available in late July. Buy firm, plump fruit and ripen as you would nectarines.

WATERMELON A one-inch-thick slice of watermelon has 150 calories and is a good source of vitamins A and C. Watermelons vary in size and appearance—they range from green to yellow, solid to striped. The best one to buy has a healthy, overall sheen and a yellowish underside. Despite all the advice about thumping, shaking and sniffing, a firm, attractive melon is likely to be a ripe melon. Watermelons do not ripen further after they are picked. Store whole in the refrigerator for several days, or cut and wrap for a day or two.



FIVE RULES OF SUMMER SAFETY

To avoid food spoilage:

- **Keep cold foods cold, hot foods hot, and cooked foods separate from raw foods.**
- **Refrigerate food that you're not going to serve within two hours, including salads and cooked grains, beans and potatoes.**
- **Always wash hands before and after handling any raw foods—not only poultry, meat and seafood but all fruits and vegetables, too. (Cross-contamination between foods poses unexpected danger.) Wash produce before cutting and eating; wash cutting surfaces after contact with poultry, meat and seafood. Use a plastic (not wood) cutting board.**
- **Cook bone-in poultry to 180°F., boneless parts to 160°F., or until the meat is no longer pink. (Salmonella is killed at 160°F.)**
- **Before packing chicken, ribs or sausages for a picnic, cook them thoroughly and refrigerate for a few hours or overnight.**

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*Numbers are based on recipe calling for 1 1/2 cups of sour cream and 1 cup of mayonnaise. Other recipes may vary.

Dannon® Vegetable Dip

Ingredients:
2 cups Dannon® Plain Lowfat Yogurt
1 pkg. (10 oz.) frozen chopped spinach, thawed and drained
1/3 cup minced fresh onion
1 envelope (0.9 oz.) Lipton® Vegetable Recipe Soup Mix
Assorted raw vegetables for dipping

In a medium bowl, combine all ingredients (except raw vegetables for dipping). Cover and refrigerate until ready to serve. Serve as a dip for raw vegetables.
Makes approximately 3 cups.

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DANNON® PLAIN



COLD SOUPS

THESE REFRESHING FIRST COURSES ARE A HOSTESS'S DELIGHT: PREPARED AHEAD AND CHILLED, THEY'RE A SNAP TO SERVE

CURRIED ZUCCHINI

Heat 1 tablespoon vegetable oil in medium skillet over medium-high heat. Add 1/3 cup finely chopped onion and cook until translucent, 2 minutes. Add 2 teaspoons curry powder and 1/8 teaspoon freshly ground pepper; cook 30 seconds. Stir in 1 medium (9 oz.) zucchini, sliced; cover and cook 4 minutes more. Add 1 can (10 3/4 oz.) cream of chicken soup and an equal amount water, stirring until well blended. Bring to simmer; simmer 4 minutes. Puree in blender until smooth. Refrigerate uncovered until cold, at least 2 hours. Makes 3 servings.

Per serving		Daily goal
Calories	160	2,000 (F), 2,500 (M)
Total fat	11 g	60 g or less (F); 70 g or less (M)
Saturated fat	2 g	20 g or less (F); 23 g or less (M)
Cholesterol	8 mg	300 mg or less
Sodium	802 mg	2,400 mg or less
Carbohydrates	12 mg	250 g or more
Protein	4 g	55 g to 90 g

ASPARAGUS-DILL

Combine 1 can (11 oz.) cream of asparagus soup and an equal amount water in small saucepan, stirring until well blended. Bring just to simmer over medium-high heat. Remove from heat and stir in 1/4 teaspoon dillweed. Refrigerate uncovered until cold, at least 2 hours. Stir in 2 teaspoons fresh lemon juice and 1/4 teaspoon *each* grated lemon peel and freshly ground pepper. Serve with a dollop of plain yogurt and garnish with dill sprigs. Makes 3 servings.

Per serving		Daily goal
Calories	75	2,000 (F), 2,500 (M)
Total fat	3 g	60 g or less (F); 70 g or less (M)
Saturated fat	1 g	20 g or less (F); 23 g or less (M)
Cholesterol	4 mg	300 mg or less
Sodium	813 mg	2,400 mg or less
Carbohydrates	9 mg	250 g or more
Protein	2 g	55 g to 90 g

GAZPACHO

Chop 3 pounds very ripe tomatoes (8 cups), 1 cucumber, peeled and seeded, and half of 1 *each* green, red and yellow peppers. Combine in large bowl with 3 tablespoons red wine vinegar, 2 tablespoons extra-virgin olive oil, 2 tablespoons chopped red onion, 1 teaspoon salt and 1/2 teaspoon pepper. Transfer in batches to blender and puree. Stir in 1 teaspoon minced garlic. Refrigerate at least 3 hours or overnight. Ladle into chilled bowls. Serve with garnishes in small bowls. Makes 8 cups.

Garnishes: 1 cucumber, peeled, seeded and diced, remaining pepper halves, diced, 1 tomato, diced, 1/4 cup minced red onion, and croutons.

Per cup		Daily goal
Calories	130	2,000 (F), 2,500 (M)
Total fat	6 g	60 g or less (F); 70 g or less (M)
Saturated fat	1 g	20 g or less (F); 23 g or less (M)
Cholesterol	0 mg	300 mg or less
Sodium	347 mg	2,400 mg or less
Carbohydrates	18 mg	250 g or more
Protein	3 g	55 g to 90 g



SUPER *fruit* COOLERS

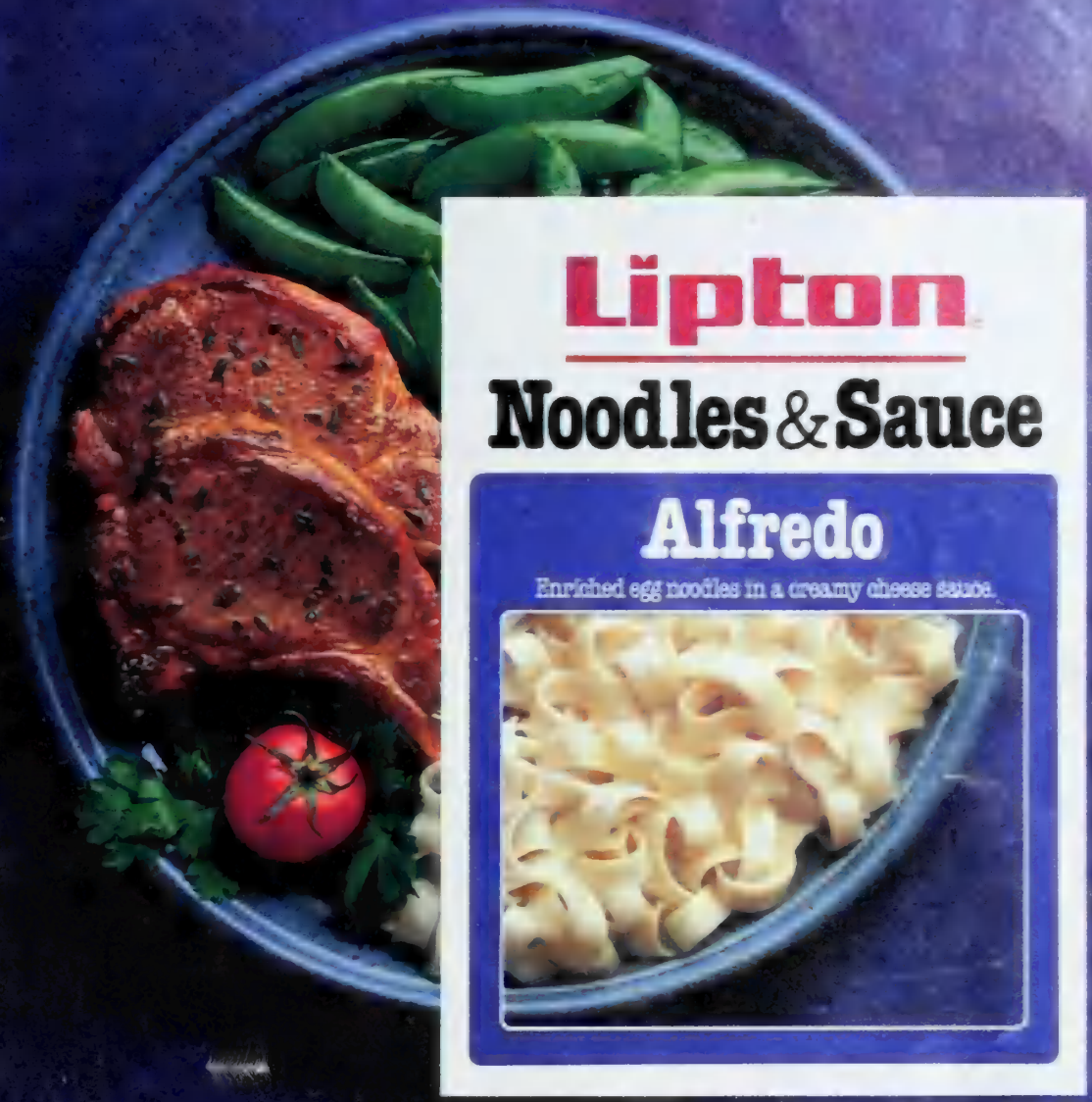
The most flavorful way to quench your thirst is with a summer drink that starts with fresh fruit. For each flavor, combine the ingredients below in blender and puree. With blender at low speed, remove the insert in center of lid. Add 2 cups ice cubes one at a time through the hole and blend until smooth.

Strawberry 1 pint strawberries, hulled, 6 tablespoons frozen limeade concentrate, 1 to 2 tablespoons sugar. Makes 2 servings.

Melon 3 cups cubed, ripe cantaloupe, 1/4 cup frozen limeade concentrate, 1 tablespoon sugar. Makes 2 servings.

Per serving		Daily goal
Calories	185	2,000 (F), 2,500 (M)
Total fat	1 g	60 g or less (F); 70 g or less (M)
Saturated fat	0 g	20 g or less (F); 23 g or less (M)
Cholesterol	0 mg	300 mg or less
Sodium	2 mg	2,400 mg or less
Carbohydrates	48 mg	250 g or more
Protein	1 g	55 g to 90 g

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KIKKOMAN

nside the ournal kitchen

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ar LHJ:
ould love to have the recipe the smoked-salmon spread ved at Norton's Marine ning Room, in Green Lake, sconsin.

Anne Duff,
Downers Grove, Illinois

shing for compliments

uated on Green Lake, ich is known for its excel- t fishing, Norton's special- s in preparing the local ch. The salmon in this ap- izer isn't native, but that sn't hurt its popularity: Co- ner Peter Mockus says that one of the restaurant's st requested recipes.

t 12 ounces cream cheese, at m temperature, in large mix- bowl until creamy. Add 3 ces smoked salmon, coarse- chopped, and beat at low ed until blended. Add 1/4 p minced onion, 3 table- ons mayonnaise, 1 1/2 tea- ons yellow mustard and 1/8 spoon minced garlic and beat high speed until well blend- Serve with crackers or adsticks. Makes 2 cups.

HOT DOG!

All ball games and barbecues all over the country, Americans are indulging in one of the nation's favorite pastimes—eating hot dogs! Whether we call 'em franks, red-hots or wieners, we consume sixteen billion hot dogs annually—that's eighty dogs per person per year.

According to the USDA, hot dogs are fully cooked sausages that may contain 100 percent beef, a blend of meats, or even lower-fat poultry. Franks made of chicken and turkey are catching on fast: At least one in five hot dogs consumed is a poultry frank. Read the label carefully to be sure that chicken or turkey is listed first.

To bring out hot dogs' satisfying sausage flavor, the *Journal* recommends grilling. There are plenty of other sausages that go great on the grill, too:

- Bratwurst: mildly spiced, made from finely ground pork or combination of pork and veal, comes fresh or fully cooked.
- Brotwurst: mild, slightly sweet, made from ground beef and pork, comes cured and cooked.
- Kielbasa (also called Polish sausage): highly seasoned, made from coarsely ground pork with beef or veal, comes fresh or smoked.
- Knockwurst: garlicky, made with beef and pork, comes fully cooked and often smoked.

Fresh sausages, such as the sweet or hot Italian varieties, should be partially precooked before grilling for thorough, more even cooking. Prick them all over with a fork and simmer gently in water to cover 5 minutes. Drain, then immediately finish on the grill.

recipe index

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GRILLED SHISH KABOB

1½ pounds boneless tender beef, 1 inch thick
2 large red, yellow or green bell peppers
⅔ cup Kikkoman Teriyaki Baste & Glaze
1 teaspoon onion powder
½ teaspoon ground ginger
½ teaspoon chili powder
¼ to ½ teaspoon hot pepper sauce
6 10-inch metal skewers

Cut beef into 1-inch cubes and each bell pepper into 16 pieces. Combine teriyaki baste & glaze, onion powder, ginger, chili powder and pepper sauce; remove ⅓ cup mixture and pour over beef and peppers in large bowl, tossing to coat. Thread beef and peppers alternately on skewers, leaving space between pieces. Cook skewers on grill 5 inches from hot coals 4 minutes on each side (for rare), or to desired doneness, brushing occasionally with remaining baste & glaze mixture.
Makes 4 to 6 servings.



KIKKOMAN

continued from page 22

much impact. Her mother was emotionally needy, and her father was a passive man who had little interaction with the family except when he blew up in fits of anger for no apparent reason.

"Howie came from a traditional, wealthy Midwestern family. His father was undemonstrative and wrapped up in his business dealings. His mother was domineering and critical. Everyone in the family learned that the only way to get along with her was to tune her out. Neither parent bothered to take Howie's interests into account. To cope with disappointments, Howie learned to turn a switch in his head, to withdraw and disengage. He also learned that the only way he was going to get what he wanted was to pursue it single-mindedly. Howie never knew what it meant to be in a reciprocal relationship; nor did he believe there was any point in cooperating or talking things over.

"Compounding the problem for this couple were their different social styles. Howie was a loner who prided himself on his offbeat ways. Barbara was sociable and liked to go out.

"However, before we could get any work done, I had to help Barbara calm down. This wasn't easy. I told her that although she did have the right to get upset with Howie, the intensity of her anger was out of proportion to the 'crime.' In time, she began to ease up.

"Barbara's number-one complaint was that Howie had arranged their lives the way he wanted and that she had no options. Since I wanted her to be more self-determining, I said, 'Forget about Howie; let's talk about you. What in your life would you like to change?' Barbara was able to see there were many things she was pleased with. She was making a good salary working three days a week—most women do not have that option. Furthermore, she enjoyed her work.

"At this point I said, 'So what can you do to change the things you're not happy with?' While their decision not to hire a sitter seemed like a good one at first, it was not working. I suggested that hiring someone to care for Callie would give Barbara time for herself after work, and Howie time to work during the day, freeing both of them to enjoy family time.

"I wanted to make sure Barbara understood that Howie's contribution to the family was as important and valid as hers was. Giving him an established, uninterrupted time to work and telling him she appreciated his efforts allowed Howie to be more responsive to some of the o things she was saying.

"Together, we settled on a plan: Bar agreed to make a list of the things s like Howie to do each week. This they could discuss the timetable and H could say, 'Yes, I can put the fan in afternoon, but I won't get to the air co tioners until Wednesday.' Though Bar might want the job done sooner, she felt ter knowing it w at least get done.

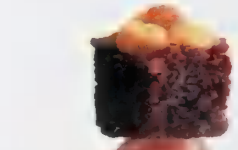
"Barbara also to learn that could not ex Howie to read mind. If she nee help putting a groceries, she to say so. She become better voicing her ne simply and clea and Howie has b more willing to l her. Barbara also mitted that perh she was so jeal of Howie's close to Callie that bought her all t toys to try to m up for her t away. Now that feels better ab herself and daughter, Barb has stopped spe ing so much mo on toys. In tu Howie has agree spend a little to up the house.

"Reaching a c promise when came to their so life was trickier. Callie gets olde told them, they most likely m new friends thro her whom they b like. Already, si they've been spe ing more time gether, they h become friends w two other famil they see in the pa

"In the p Barbara and Howie were so angry t neither had felt very loving. As the t sion eased, their sex life improved, t Barbara and Howie ended therapy aft year, pleased with the progress they made and confident that they could ne tiate solutions as problems arose."

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e co-workers from hell

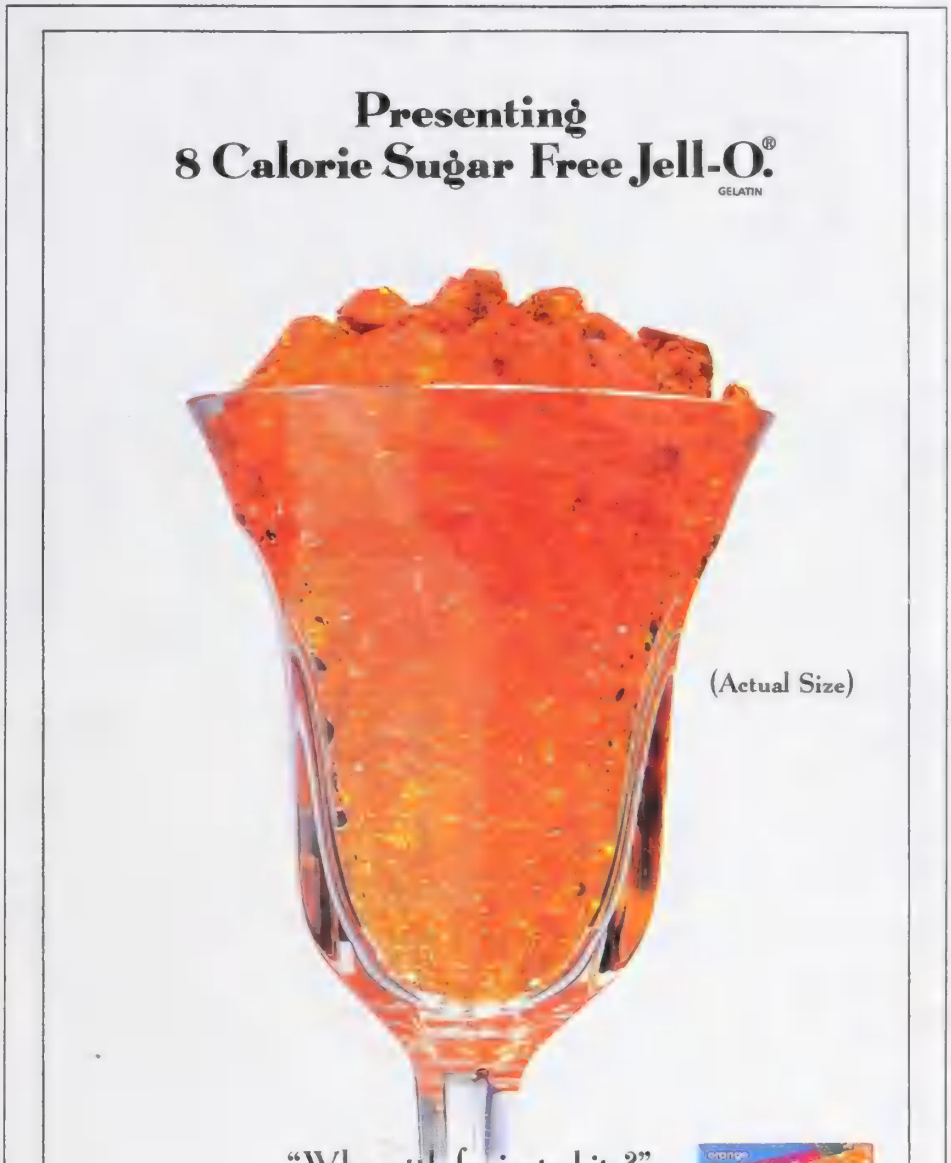
tinued from page 119

olyn a series of notes: "You stabbed me in the back" . . . ou betrayed me." And, most upsetting of all: "I know ere your children go to day care. I advise you to watch m very carefully."

Soon afterward, Ellie applied for unemployment benefits, ing she had been fired. At a state labor-board hearing led after the company denied dismissing her, Ellie also tended that she l never called olyn to tell her t she was leav-. However, her uest for unem-yment benefits denied.

fter the hear-, Ellie left the eatening note Carolyn's car. ghtened, Car-n went to the po-, who refused to ervene since no gible damage l been done. en she persisted, officers agreed alk to Ellie, and a while, the eats subsided, ugh they did not p altogether. e sent Carolyn a es of harassing es, saying, "I'm ng to tell your band you're hav- an affair" . . . our husband is eping with his etary."

inally, in June 0, one year after ie had left the npany, Carolyn eived another er: "Our an-rsary is fast ap-aching. I've been ng some things he news lately give me some s on how we're g to celebrate. ch yourself, be-se I'm coming . Ellie."



Carolyn recalled some recent, well-publicized workplace mas-es. Now she was truly afraid.

ath on the job

olyn had good reason to be frightened. Although there are firm statistics, experts agree that assaults and murders ng co-workers are on the rise. Such violence occurs in all ons of the United States, in small businesses as well as in e corporations, and affects everyone from top managers to rly-wage earners. In fact, according to researchers at the National Institute for Occupational Safety and Health (NIOSH), homicide is the leading cause of death for women in the workplace. (Men are killed most often in job-related motor-vehicle accidents.) Women are at risk whether they are supervisors of disgruntled workers, victims of obsessive love, the prey of crazed substance abusers or simply in the wrong place at the wrong time.

"We should feel our workplace is as safe as our home, and it's not," says Lisa Durham, an accounting supervisor from Amagansett, New York, whose jaw was broken by an employee she had fired.

Incidents like Lisa's, while horrifying, are considered barely worthy of news coverage. Says Tom Harpley, Ph.D., clinical director of National Trauma Services, a counseling service in San Diego, "It [office violence] is so rampant that oftentimes only the biggest cases, those that involve multiple murders, make the papers." The Postal Service — where more than twenty-five employees have been killed by co-workers since 1986—has gotten the most press in recent years, but it is far from the only dangerous workplace. Witness these recent cases:

- January 1992, San Diego. A longtime employee of General Dynamics smuggles a gun into his grievance hearing and, upon learning that his termination is final, kills a state labor-board representative and wounds his own supervisor.
- October 1991, Bennington, Vermont. A thirty-year-old female employee fatally shoots her manager and wounds two other employees during a rampage at the Eveready Battery Company.
- October 1991, Woodlawn, Maryland. Using a semiautomatic handgun, a disgruntled man who had recently been fired from his mechanic's job at Fox Chevrolet murders two co-workers and injures another before killing himself.
- July 1991, Houston, Texas. A male employee of the Metropolitan Transit Authority becomes outraged when a female colleague is promoted to a supervisory position. He fatally shoots the supervisor outside the company building *(continued)*

and is then killed by the woman's husband, who had a pistol with him when he came to drive her home.

Going to extremes

What makes workplace violence especially disturbing is that it is so unexpected. It is often committed by people who appear to be functioning normally. Generally, they have no history of violent behavior (although there are exceptions) and no criminal record.

So what pushes these people over the edge? "With so many strains on the family, there are a lot of disturbed people out there," explains Bruce Blythe, president of Crisis Management International, Inc., a workplace-trauma counseling firm in Atlanta. "Many times, their only support system is at their workplace. When things don't go the way they want them to, they become desperate."

Businesses are also being forced by the current tough economic conditions to pay closer attention to the bottom line, and layoffs are becoming more and more common. Feeling frightened, angry and alone, people who appeared to be responsible citizens lash out at fellow employees.

"They reach their extreme limit, to the point where they lose the ability to reason, and see violence as the only alternative," says James S. Cawood, president of Factor One, a company in San Leandro, California, that specializes in solving personnel problems.

Following are the stories of some workers who went to unbelievable extremes:

Death at the post office

Lisa Bruni, a thirty-two-year-old postal clerk in Chelsea, Massachusetts, knew that her co-worker Domenic Lupoli was obsessed with her both personally and professionally; and she feared for her life. On June 28, 1988, she wrote a three-and-a-half-page letter, begging her supervisors for protection.

"[Mr. Lupoli] has made comments that his seniority will increase due to my 'demise.' He has on several occasions threatened me and my safety," she wrote in part. "He has stated to others and myself that I 'led him on.' I have tried ignoring him. I have tried being nice to him. I have tried being rational with him. . . . I feel that I am entitled to work in what I believe to be a safe work environment."

The following night, as Lisa arrived to begin her ten P.M. to seven A.M. shift, Lupoli killed her with multiple shots from his shotgun. A short time later, as officers approached his car, he killed himself with the same weapon.

Lupoli's suicide was not uncommon; many workplace assailants, having shot their target, kill themselves as well. "Frequently, the disgruntled employee doesn't care about living anymore," says James Alan Fox, Ph.D., dean of the College of Criminal Justice, Northeastern University. "But before he takes his own life, he wants to make sure he's gotten those who hurt him. He wants to get even."

Assailants and addiction

In a surprising number of workplace-violence cases, alcohol and drug use are contributing factors. "When a person is distraught, he will often drink or use other substances," says Robert C. Bransfield, M.D., associate director of psychiatry at the Riverview Medical Center, in Red Bank, New Jersey. "These distort perception and may lessen inhibitions. The person may then return to the workplace, looking for a confrontation."

Barbara Bennett,* marketing director of a direct-mail firm in New York City, never suspected that Janice, her secretary of eight months, was a drug user. When Janice didn't report to work for three days in the early summer of 1982, Barbara assumed she was ill, and she phoned to suggest that Janice apply for sick leave.

"You're threatening my wife," Janice's husband screamed. "Leave her alone, or I'm coming after you." Barbara, then forty-three, was completely taken aback. "I had only called to express my concern and help her get compensation. I never implied that she'd lose her job."

Janice remained absent, and a few da later, as Barbara sat in her third-floor o fice, Janice, who is nearly six feet tal burst through the door and slammed shut behind her. Screaming and swea ing, she leaped over the desk an slammed a paperweight against Barbara head—over and over again. Then sh wrapped the telephone cord aroun Barbara's neck and began dragging her t ward the window. Barbara, choking an barely conscious, was at the windowsi when other workers, hearing the comm tion, came to her rescue.

"I was in a state of shock," says Barbar "I never suspected. . . . It was like Jani had a double personality. She used to l as sweet as sweet could be."

Were there clues? Possibly. Janice ha been late for work several times, and sh seemed to have trouble handling dea line pressure. But Barbara didn't want see the signs.

Experts say such denial is common. " people admit that they are in a dangero situation, their security in the workpla is shattered," says security consulta James Cawood. "They are no longer control. Many people simply refuse to re ognize the warnings."

And although Barbara was willing pursue a case against her former emplo ee, the police refused to follow up, an Janice was never arrested.

In the wrong place

Often a workplace assailant is ready shoot anybody who crosses his or h path, regardless of whether it's the pers targeted. Dorothy Bright, a reception and switchboard operator at Elg Corporation, a San Diego electroni manufacturing firm, knows all too w the terror of being in the wrong place the wrong time.

Dorothy, fifty-seven, had returned fr her afternoon break on June 4, 19 when she got a frantic call from a c worker. "Dorothy, Larry just ran in t building, and he has a gun."

Before she could call 911, Larry Hans forty-one, a computer technician wh been laid off three months before, w standing in front of her, wearing a ba dolier and carrying a 12-gauge shotgun.

He motioned Dorothy to get out of t way, and he nudged her with the g when she didn't move fast enough. Th slowly and deliberately, he shot out t switchboard. "I went [momentarily] d in my right ear because I was so close him, and the noise just ricocheted off walls," says Bright. "I tingled all over, a I thought, 'Maybe I've been shot.' "

As several small bombs that Hansel h planted around the facility sent flam and smoke into the air, he charged tow the executive offices, taking the sta two and three at a *(continued on page 1*

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The co-workers from hell

continued from page 166

time. Once upstairs, witnesses say, Hansel fatally shot a vice-president, John Jones, one of his targets, and Mike Krowitz, a regional sales manager who just happened to be talking with Jones.

Hansel, married and the father of two children, fits the profile of a person who is most likely to stage a well-planned workplace execution. Says James Fox, "Employees who go on rampages are typically middle-aged men who have recently been fired. In our culture, a man's identity is wrapped up in what he does, as opposed to who he is."

And as the baby-boom generation grows older, Fox says, there will be more middle-aged men in the work force. Because of the economy, more of them will lose their jobs. In short, he says, "this type of workplace violence will increase."

Hansel is now in prison awaiting trial.

Who's responsible?

When Carolyn Johnston received the anniversary threat from Ellie, she insisted her company become more involved. At first, she says, the top executives didn't appreciate the urgency of the situation. They had locks installed on the door to her office but were reluctant to provide legal advice or psychological counseling.

"I had to be persistent," Carolyn says. " 'Look,' I said, 'I'm in this situation because I work for your company and because I went to the labor board and testified against Ellie. I did the right thing, and I feel very strongly that you should help me out.' "

The executives relented, agreeing to pay for both counseling and legal assistance. With the help of her attorney, Carolyn got a restraining order against Ellie, and before the judge ended the court proceeding, he reprimanded Carolyn's employers for not coming to her aid more quickly. "If anything had happened to Carolyn or her family," he said, "the company would have been responsible." So far, Carolyn has heard nothing more from Ellie.

Slowly, companies are realizing that they are legally obliged to provide a safe work environment for their employees. In the past, if an injury was covered by workers' compensation, the employee could not sue the employer. Now, in some states, employees can choose between accepting workers' compensation and taking their employer to court, which may get them a more generous settlement.

"That would have helped me enormously," says Barbara Bennett, who was permanently disabled as a result of Janice's attack. She had to quit her job because her employer would not offer her security, and a back injury made it difficult for her to find other work. On March 23, 1992—nearly ten years aft she was attacked—a compensatio board ruled that she was entitled workers' compensation.

No company can fully protect emplo ees from the explosive behavior of a fell worker. But most experts feel that ma agement can reduce the risk of violent i cidents by referring obviously unstab employees for counseling and treating e ery worker with fairness and consisten Explains Tom Harpley, of Nation Trauma Services, "Where you have ma agement that rules by intimidation, wor place violence is more likely." Form Postmaster General Anthony Frank spe ulated that the authoritarian structure the Postal Service and the routine wo required of many of its employees m have contributed to the rash of killings.

Employee morale at Elgar Corporati was also low before Larry Hansel went his rampage. There had been a number management changes in recent years, a workers felt unsettled and unappreciate But since the incident, the company h not only installed a new security system is training its managers to be more sen tive to employees' concerns. "We're ma ing great strides," says Dorothy Bright.

What you can do

It's not pleasant to think that the wom at the next desk or the man down the h may be a ticking time bomb. But by porting telltale signs to your employer he or she can increase security or of counseling to the troubled worker, you have taken the first step toward maki your workplace safe. Here, the exper tips on how to determine whether a worker is potentially violent:

- *Take threats seriously.* Domenic Lup specifically told Lisa Bruni that he wou benefit from her "demise."
- *Extreme changes in work performance a behavior can signal emotional turmoil.* Sa Tom Harpley, "They may also be signs substance abuse, another variable in v lent incidents."
- *Watch out for anyone who is quick to j slighted and perceive maltreatment ev where there is none.*
- *If a person who was fired is seen arou the office, notify your supervisor.* La Hansel returned to Elgar several times ter he was dismissed.

Of course, most people, even if th show some of these warning signs, ne become violent. And others, who exhi none of these behaviors, commit horr dous acts. "In the long run," says Rob Bransfield, "your most reliable clue t someone could be violent is your gut fe ing. If you just feel scared when you're [that person's] presence, you have to g that a lot of credibility."

Andrea Gross is a contributing editor Ladies' Home Journal.

Suddenly alone

continued from page 115

drawn, naming a guardian for Felisha. She should also discuss with her attorney the best way to bequeath her assets to Felisha.

After Harriet consulted Greene last August, she vowed to follow through on her recommendations. However, setbacks over the past year forced Harriet to put her goals on hold. She's physically and emotionally stronger now, though, and ready to begin building her savings.

She's put her cars up for sale—asking $1,200 for the pickup and $2,500 for the Corolla—and will put the profits into mutual funds. By 1993, she hopes to be out of the red. "I feel like I'm starting a new life, and I want to make it as good for Felisha and me as my husband would have wished for us."

Steps you must take now

It's not easy to prepare for the possibility of outliving a spouse, but taking simple precautionary steps can help you avoid the painful financial transitions many widows face.

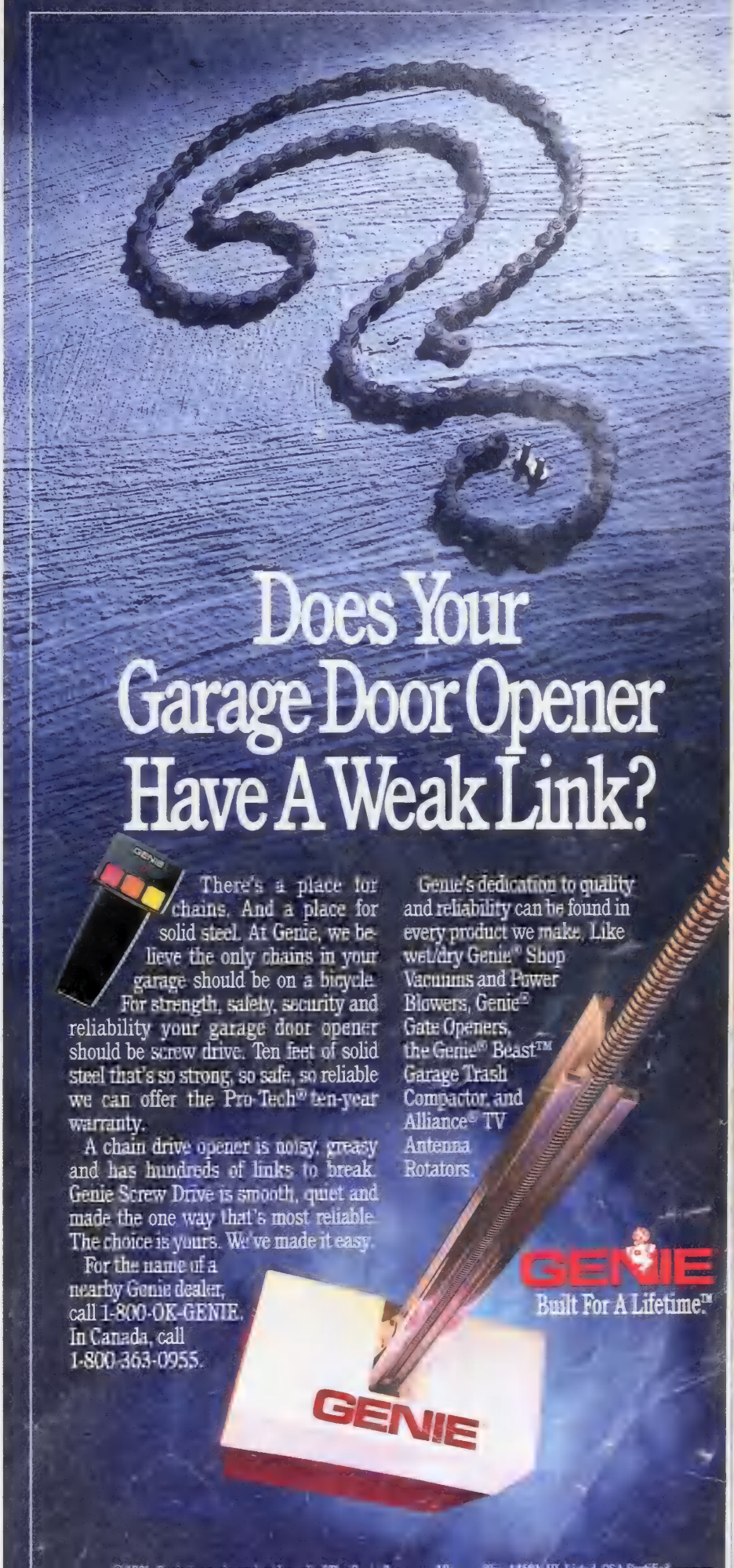
- Sit down with your husband and make a master list of all assets, including bank and credit-card account numbers, insurance policies and their numbers, locations of wills and other important documents. The list should also include the phone numbers of accountants, lawyers and other advisers. Be aware of all investments and loans and the mortgage payment schedule.
- Make sure that your name appears on all bank and credit-card accounts.
- If your husband handles the bill-paying, go through the process with him for a few months to familiarize yourself with the routine and the records.
- Should you become widowed, don't feel pressured to make any major financial decisions such as large purchases, donations or investments; the stress of grieving may affect your judgment. Instead, park any estate, insurance or pension payouts in a short-term bank CD or money-market account while you get investment advice from a qualified financial professional.
- The National Association of Personal Financial Advisors can give you the names of financial planners in your area who charge on a fee-only basis—meaning that they have no personal incentive to push a particular investment. For more information, write to NAPFA, 1130 Lake Cook Road, Suite 105, Buffalo Grove, IL 60089, or call 800-36-NAPFA. ■

Andrea Rock is a contributing editor to Ladies' Home Journal.

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Christie Brinkley

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Christie insists she's not unhappy. She has a great family and leads an almost charmed life. Married for seven years to rocker Billy Joel, she has a six-year-old daughter, Alexa. The family spends most of its time on the eastern end of Long Island, at their oceanfront estate, where Christie enjoys gardening, riding horseback and collecting antiques. She also stays fit by jogging up to six miles, three times a week, and working out with weights.

But she wants more than modeling and motherhood. And if she has her way, we won't be seeing any less of Christie, just in different places—on TV and in the movies. Like other models before her, such as Isabella Rossellini and Lauren Hutton, she wants to become an actress. Last winter, she resumed twice-weekly acting classes with Harold Guskin, a New York–based coach to such stars as Bruce Willis, Demi Moore and Steve Martin. "Someone who comes into acting with fame is at great risk," says Guskin. "There's a lot more pressure than on an unknown trying to break in."

Her first acting job back in 1983 was as the blond bombshell in the red convertible in *National Lampoon's Vacation*. Although Christie was disenchanted by her experience on the set, she's eager to try again. "I've had interesting offers," she says, noting that she'd be happy with a "small part with a funny character."

So far, Brinkley's found that her gorgeous looks cut both ways in Hollywood. Once, she was up for one part but was then rejected. "They told me I was too beautiful for the leading man," she says with a smile. "I kept saying, 'But I really like that leading man. I could fall in love with him.' People have terrible stereotypes about how others should match up."

Similar sentiments, of course, have been expressed by the press about her real-life pairing with Joel, who is three inches shorter than his wife and not nearly as photogenic (a contrast critics noted in Billy's "Uptown Girl" video). "It really doesn't seem like seven years," Brinkley says about her marriage. "We both have careers that keep us apart a lot. Basically, I'm just getting to know him." Brinkley is a very private person who declines to comment when questions become too personal; asked about tabloid rumors that her marriage might be faltering, she says simply, "Usually I just laugh them off. I'm not going to waste a second on that garbage."

Whatever the state of their marriage, Christie and Billy's house is filled with evidence of their combined interests. In the living room alone, there's an antique harpsichord, a keyboard and a grand piano with Joel's notes for the new album he's planning. (He has just finished recording two songs for an upcoming movie.) Alexa's antique rocking horse dominates one corner. In the foyer, Brinkley, an equestrian who stables her four mounts close by, proudly displays the tooled leather saddle she won in 1991 at the National Cutting Horse Association celebrity competition.

Brinkley was first married when she was nineteen and studying to be an illustrator in Paris. She says that her seven-year marriage to French artist Jean-Francois Allaux was a good one, but they grew apart. She began modeling at twenty and met Joel in 1983, shortly after she broke off with Olivier Chandon, a race-car driver and heir to the Moët & Chandon fortune, who was later killed in a racing accident. "Billy was interesting and intelligent, but I wasn't thinking boyfriend," she says.

All that changed as she got to know Joel, who had been divorced from his first wife (and manager), Elizabeth Weber, in 1982. The model and the musician each found something irresistible about the other. But for Brinkley, the decision to marry again was predicated not only on love but on a desire to have children. "I think the primary reason for being married is to have kids," she says. Why did she choose Joel? "I thought he would be a good dad. Good stock." Brinkley says her intuition was right. "He's a great father."

As if on cue, Alexa, a slender six-year-old with her father's dark, soulful eyes and her mother's beautiful blond tresses, walks into the room. She has just finished four drawings of flowers, and she is looking for some motherly assistance in attaching them. Christie sends her to the "everything drawer" in the kitchen in search of a stapler. "She's incredible," this proud mom says as Alexa, clad in a pink flowered dress with a lace collar, skips from the room. "She has a great sense of humor. She's my favorite person to hang out with."

Hang out they do. Alexa has traveled extensively with her parents, even to the U.S.S.R. in 1987, when Joel was the first



The many sides of Christie: "This is an important time for me," says the woman who made her biggest splash modeling swimsuits through the years, especially for *Sports Illustrated*. "I need to get my foot in another door so that I'll have something to fall back on during my forties."

American to stage a full-scale rock 'n' r concert in that country. "She has a pa port the size of a dictionary," Chris says, laughing. But all that will chan this fall when Alexa enters school fu time. "Up till now we said, 'Hey, she learn more by coming with us than goi to school,' " Christie says. "But that is true anymore. Now she'll have a regu curriculum." Joel, says Brinkley, m modify his concert schedule so he's not the road for such long stretches.

Until four years ago, the Joels spe much of the year in Manhattan, thi hours away. But Billy, a Long Island tive, tired of the city's chaos. "He pref being out here with his boats," sa Christie. "He designs them. They're wood, and they look like Hemingway longs on deck." Since Brinkley loves ho es, it wasn't hard to sell her on the swit She has, however, bought a pied-à-te where the family bunks when they n to stay overnight in the city.

The only disappointment Brinkley voices with her amptons homefront is the lack of playmates for Alexa. lthough in the summertime the lavish beachfront houses fill ith the likes of Calvin Klein, Steven Spielberg and Kathleen urner, off-season these are small and isolated towns. "There en't a lot of kids right in the neighborhood. It's all summer eople," she says. "I'd love to be able to open the door during e winter months and have Alexa run over to a friend's house."

Yet Alexa was part of what made the move make sense. "Out re everything is pretty normal," Christie says. "People are ed to seeing us around town." In other places, the Joels often nd themselves the center of unwanted attention. To pacify fans nd please their daughter, on outings they reject autograph ounds by telling them that this is family time. It's gotten so at on one recent afternoon, Alexa tired of a flood of fans and ggested, "Mom, just tell them you're with me."

Dealing with strangers has always been hard for Christie, nd she says her shyness has often been mistaken for snobshness. Being a mom has helped her overcome the problem, owever. "I have to call up other moms to set up play dates," e explains. "I have to set an example for her, because she's ribly shy, too."

It can be tough for a child to grow up in the shadow of two ch famous parents, especially when she is the daughter of ch a glamorous mother. Brinkley, however, isn't anticipatg any special adolescent conflicts for Alexa. "I grew up th a gorgeous mom, and there was no competition there. It s the best mother-daughter relationship you could hope . I hope to share the same kind with my daughter. And e advantage of late motherhood is that I will be too old to mpete with my daughter. By the time Alexa is making her rk in her career, I'll be an old broad and her biggest fan," e says with a laugh.

Christie would like to have more children. "I started out nking I'd knock them out, boom, boom, boom," she says. But ngs like career commitments and touring with Joel got in the y. Now she finds herself nearing forty with only one of the ee she'd planned on. "I do definitely feel the pressure," she s about the biological imperative. "I'd really like to have two re in the next few years."

Somehow, Brinkley says, she has to fit everything in. "This is important time for me. I need to get my foot in another door I feel like I've got something going so I'll have something to back on during my forties." Still, Brinkley says she would n down regular acting work if it meant leaving her family for long. "That would be a major commitment," she says. "It uld be hard to do and be a mom."

There are other demands, as well. Brinkley backs organizans, including those researching cures for AIDS and the ke-A-Wish Foundation, but works most actively for environntal concerns, like Greenpeace and the Cousteau Society. e of Billy and Christie's favorite presents last Christmas was m pals Melanie Griffith and Don Johnson, who gave them mberships in Conservation International, a worldwide enviimental organization.

Suddenly, Joel bustles in after a day in his studio. He greets xa with a hug and kisses Christie affectionately on the ek. "Hi, Joe," she says with a welcoming smile, using the kname she gave him when they first met. ("He just looks like e to me.") Minutes later, Joel retires to the library, where turns on the stereo to high volume, and a Rachmaninoff no concerto thunders through the house.

With the comfortable sounds of her family in the backund, Brinkley pauses for a minute to consider where she is ife. Overall, she says, it's a pretty good place. "I have family I , they love me," she says. "I feel good. I have a lot of choices taking new directions in my life. . . . Anything can happen." ■

Kathryn Casey is a contributing editor to Ladies' Home Journal who writes frequently about celebrities.



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minor in a more creative field. The options are limitless.

You might think that all our worries are over, but sudden wealth also brings with it a whole new set of problems, like the taxes. Lottery winnings are exempt from California state tax, but we gave 31 percent of our first check to the IRS.

One of our toughest jobs will be teaching Nick and Angelo the value of a dollar. It's important to us that our children learn solid values; we don't want them to grow up to be spoiled brats who blow every dime that we've worked to protect. We will pay them a small allowance in exchange for their chores, and they'll learn that they won't get everything they ask for. Frank and I should be working again by the time both boys are in school, so I hope they'll learn by our example.

Money can also alter relationships. Though most of our friends have been wonderful—helpful and supportive without being envious—there have been a couple of people who kind of flipped on us, believing we'd forgotten about them. After we bought the Mercedes, we gave one friend our former car because we thought she needed one. Unfortunately, she misunderstood our intentions.

I've heard that million-dollar winners often get requests for money—and sometimes even threats. Surprisingly, though, no weirdos have ever harassed us. A couple of people asked us for financial help, claiming they were close to bankruptcy, but that was it. We had to tell them no; we can't give away cash to everyone. You have to draw the line somewhere.

Another big adjustment is finding things to do, now that we're happily unemployed. You don't realize how much of your self-esteem comes from your job until you stop working. It's a little strange having Frank at home permanently; I rather liked having the time to myself during the weeks he was on the road. But this will give us a chance to really be a couple again, and I hope our marriage will strengthen even further in the years to come.

Sometimes Frank and I still can't believe this has happened to us. I find myself clipping coupons out of habit, or se something nice and thinking, We can' ford it. There's a lot of soul-searchin volved. I admit there are times wh feel guilty about having so much mo Why us, when so many people ar greater financial need?

While I was always a sympathetic son, I didn't have the means to help eryone out. Seeing homeless men women makes me cry, and I'm happ be able to give to them much more th used to. Frank and I have given som the lottery money to charity, and we to find a few organizations to which can volunteer our time. We don't want to write checks; we want to of ourselves, too.

The best advice we've gotten since coming multimillionaires came from father, who told us, "Don't let this cha you." I really don't think it has. We content with our lives before we bec rich, and if the millions disappeare quickly as they came, it would be di pointing, but not disastrous. It didn't money to make us happy—our real we is in the love of our family.

Easy street

We've all dreamed of striking it rich and living like royalty. According to the North American Association of State and Provincial Lotteries, U.S. residents spent $20.7 billion on lottery tickets last year in pursuit of that hope, and the thirty-four state lotteries (including Washington, D.C.) paid out some $10 billion in return.

The truth is, though, most big-time winners *don't* go on spending sprees. Sometimes they're happy just to keep a roof over their heads: Last December, a Massachusetts family won more than $3 million—the same day they were to lose their house to foreclosure.

Not that the newly rich don't have dreams; it's just that they're usually pretty simple ones. Ron and Gloria Foster, who live near Roanoke, Virginia, once put in long days at work, all the while yearning for more time with their two children. In May 1991, their $6.6 million win made it possible. Ron cut back his hours, and Gloria left her job as a production-control shop clerk to become a full-time mom to her two-year-old son, eight-year-old stepdaughter and new baby (due as the *Journal* went to press). "It's hard to believe that I used to work eight hours a day and then come back home and work here," Gloria says.

Like the Gagliardis, the Fosters have taken the opportunity to move and to travel. They've also shared the wealth with their families: They paid off an outstanding loan to Gloria's parents, plus enough to allow her fa to take an early retirement from his job at the power c pany and her mother to visit Graceland.

Some winners use their riches for still nobler purpos Four years ago, Sheelah Ryan's lottery ticket paid of the tune of $55.1 million—the largest prize ever awar to an individual. (She picked her lucky numbers from front page of the newspaper.) Though she did buy a r house and car, Ryan, who is single, had no interest in ther extravagances. "I've lived this long without baub and I don't intend to succumb now," she says. Inste she established the Ryan Foundation, an organizat that assists abused women, single mothers and the derly in her hometown of Seminole County, Florida.

"This has fulfilled a dream I'd cherished for m years: to help others in need," says Ryan, who was a altor prior to her windfall. "I don't have enough mone solve the world's problems or even all the county's pr lems, but we can and will make a difference."

Because her luck was so extraordinary, Ryan still to contend with her celebrity. For instance, she's recei more than two hundred marriage proposals, and peo still recognize her on the street. She takes it all in stri however: "Once my [winnings] record is broken, I be as popular as last year's calendar—and tha okay with me."

SHANA ABC

e women of Japan

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es of Japan Inc. They pour the tea coffee, run the copy machines, send s, type documents and perform an asment of ceremonial duties, such as ting visitors, that are conducted in a more formal manner than in any erican office.

ut though OLs have very little opportty for advancement, Kitamura does disdain her position. Like thousands ther such women, she lives with her nts, rent-free, and thus saves a great of her annual salary of 4.5 million yen, bout $35,000. While her male colues typically work hours beyond the nal day of nine to six, she and her felOLs are out the door and out on the n, five nights a week. And while the age Japanese male employee is entito two or three weeks of vacation, he ully doesn't take much of it. That d not, after all, show the proper comnent to the company. Kitamura, in rast, has in the last two years vacaed in Hawaii, San Francisco, land and Malaysia.

alluring has the OL's lifestyle be- e that women now clamor for the —and keep them longer than ever. average age at which a woman mars rising steadily—a significant, quietbellious statement in a country that es marriage at an appropriate age. ly because of these later marriages, birthrate has plummeted to a mere children per woman. And it's small ler that many women are putting off wedding vows, despite the risk of l disapproval: Says Tomoko Hamaii, thirty, a paralegal, "Before mar-, Japanese women have the freedom end money and to travel. After, they think of their husband and family and themselves second."

ne jaunty OLs are even the subject of ldly popular comic strip, "Sweet ," which chronicles the life and times group of young women just like mura. They go to the racetrack, they golf and tennis in exotic locales, and of all, they make acid comments it their hapless male superiors. nen in Japan can't get enough of it.

rmittent progress

Kitamura's life is a contradictory d of self-sufficiency and powerlessof being a new Japanese woman waiting to become a more traditione. For if she and her colleagues do narry by an appropriate age—in their twenties—they risk being branded the cruel nickname of "Christmas " because no one wants either after wenty-fifth.

fact, attracting a husband remains eal job of all too many women in Japan—despite such widely noted symbols of feminist progress as Takako Doi, the unmarried former leader of the socialist party. When *MORE*, a magazine in Tokyo aimed at college-educated women between the ages of twenty-one and twenty-six, conducted a poll that asked respondents to rate their first priority in life, over 70 percent responded, "To get married." Only about 20 percent replied, "To pursue a career."

"Japan is not a country that breeds revolutions," Kuniko Inoguchi, professor of political science at Sophia University, in Tokyo, says wryly. "Change here comes slowly, almost imperceptibly."

Still, change there has been, and women *have* made some substantive strides:

- They now comprise just over 40 percent of Japan's work force, and by 1995 half of all Japanese women, whether married or single, will be working, in either full- or part-time jobs.
- A total of 16.1 percent of all women now go to four-year colleges, compared to just 12.2 percent ten years ago.
- Today there are 52,000 women scientists in Japan, compared to 3,600 a decade ago.
- There are 62,000 women engineers, up from 14,000 a decade ago.

Nonetheless, it's undeniable that Japan remains very much a male-dominated society. Pay differentials between the sexes are still shockingly large—women earn just 52 percent of men's salaries—and there are no data that suggest they are decreasing. The percentage of women who are managers was .75 percent in 1990, up from .51 in 1980, and many Japanese men look with suspicion on that tiny number: A high-ranking bank official, bragging about how open-minded his company had become, said it had started a dual career track for women. One track is for women who want professional jobs, just like the men, he said; the other, he added, "is for normal women."

"People don't expect women to have ambitions," says Emily Sato, an American of Japanese descent who worked for a while as a translator for a Tokyo firm. "[When I gave] my going-away speech, I said I'd probably go to graduate school. One of the directors nudged me in the ribs and said, 'You're really going back to get married, aren't you?' "

Nor is there much chance of redress if any woman, whether "normal" or not, is discriminated against in the workplace. For though there is an equal-opportunity law on the books, passed in 1986, companies face no penalties if they do not comply with it.

Furthermore, even those women who have made it into a company find themselves faced with infuriating, unwritten rules of conduct—for women only. If, as is common, they live in company-owned apartments, they must be in by ten o'clock, while the *(continued on page 178)*

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The women of Japan

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men can stay out as late as they wish. And if, as is also common, two colleagues marry, it is expected that she, not he, will quit. This expectation allows many companies to justify their refusal to invest in the further training of their female employees.

Most parents in Japan have the same double standard as its corporations. A recent poll, for example, showed that while 70 percent of Japanese parents want their sons to attend four-year colleges, only 27 percent said the same about their daughters. That discrepancy is the highest among all the advanced industrialized nations. Says Mari Ishibashi, a graduate student, "Parents figure the only reason to go to college is to find a husband."

Mrs. Interior

Once that husband is found, an elaborate wedding, which dwarfs even American marital extravaganzas, is arranged: At the popular Four Seasons Hotel, in Tokyo, the cost of a wedding reception can run up to $160,000, or $400 a head for four hundred guests—a powerful show of the family's prosperity. (More modest events can cost around $30,000, including the honeymoon.) Today, too, many modern brides wear both Western-style wedding gowns and the traditional kimono, changing from one to the other during the ceremony.

A bride's new role is reflected in the generic name that refers to the vast majority of Japanese wives: Like the American "housewife" or "homemaker," she becomes "okusan," or Mrs. Interior, according to *Womansword*, by Kittredge Cherry (Kodansha International, 1987). Why? Because, Cherry writes, the interior of the home is considered the most appropriate habitat for the wife. Even more telling is the husband's generic name: "goshujin," or "honorable master."

It is a title that few males resist: "Many Japanese men are very old-fashioned," says Tomoko Hamaguchi. "They still believe that women should stay home and raise babies." And most women seem to agree with them. Says Sophia University professor Kuniko Inoguchi, "The society still values the role of mother as much as it ever has." Few Japanese women would sneeringly refer to "making tea and baking cookies," as Hillary Clinton did recently.

Why do so few married women want to try for the kind of lucrative career their husbands have? Experts say it's not because the women lack ability or ambition, but because the life of a Japanese corporate employee, or "salaryman," is such relentless drudgery. And so it is: a crowded two-hour commute, a nonstop twelve-hour day, steady postwork drinking and the long train ride home. Says Mariko Fujiwara, a social researcher with the Hakuhodo Institute of Life and Living, "Who can blame women for not wanting that life?"

And Hiroko Sugita, a professor at Musashi University, in Tokyo, comments, "Japanese women enjoy far more freedom than their overworked husbands do." In the home, women have their own well-defined sphere of power. They have complete responsibility for raising the children and making sure they perform well in school—a critically important role in Japan's competitive society. They usually have total control over the purse strings—right down to how much monthly allowance their husband will get, and what stocks and bonds the family will buy.

Almost as well-defined are the emotional and sexual relations between husbands and wives: Nearly one third of all Japanese marriages are arranged—a shockingly high figure by Western standards.

Within marriage, Japanese couples frequently find it difficult to communicate with each other. "Women are taught from childhood that they do not complain, so in a relationship, that means a woman will not tell you what she is thinking when she's upset," says one former Tokyo resident, an American man. "They talk about their problems with other women, not with the men they're involved with. They may be seething inside but they keep it inside." Though the divorce rate is remarkably low—less than 1 percent—that is because the breakup of a marriage is considered an admission of failure. Divorce is economically risky as well for women, since job options are limited. Explains Mariko Fujiwara, "There are bad marriages, sure, but women put up with them because they don't have much choice."

Not surprisingly, perhaps, many men don't place a lot of importance on being faithful to their wives (though adulterous wives are few and far between). Salarymen routinely frequent "hostess bars," both at home and on the road, and casual paid-for sex is common. "Sex tours" to South Korea and Taiwan are also popular, and Japanese men are especially fond of tape recordings of typical background sounds at hotels, airports and offices, to be played over the telephone when an enterprising philanderer is making his I-won't-be-home-for-dinner call.

A new road?

Overall, no one denies that Japanese women have less freedom and flexibility than their American counterparts, and that their country's system places overwhelming obstacles in their way, including, most heartbreakingly, obstacles set up by women themselves. Says Misa Kobayashi, a thirty-eight-year-old musician, "Many mothers are still raising their sons in old-fashioned ways. They are looking for women to care for their [sons'] household and raise their [sons'] children."

Yet despite all the disincentives

changes both small and large are taking place. For instance, one current Japanese female idol, Seiko Matsuda, is a pop singer who married, had a child—and continued her career. Though she has aroused some controversy because of that, a surprising number of young Japanese women feel she is a symbol of progress. And Sadako Ogata, the new United Nations High Commissioner for Refugees, is also admired for her high-profile work.

As for those women who want both a job and a family, opportunities are slowly expanding—though often not in Japanese companies. Hundreds of smart, college-educated women have gone to work for Western companies in Japan, which they view as havens of open-mindedness. Investment banks and other financial institutions are especially popular.

Still other women, like Takako Doi before she entered politics, are leading community groups in lobbying on a number of crucial consumer issues; for example, better health and safety standards on household products. In fact, women spawned what may be the most effective consumer group in Japan, the Seikatsu, which has fought against exorbitant prices and now is concentrating on environmental issues. This activism naturally leads to politics; seven of Seikatsu's members now hold public office.

Says Mariko Fujiwara, "It's going to be in areas like these—environmentalism, human rights, consumer rights, not in the traditional corridors of power—that Japan's women may have their greatest impact."

And some women are fighting difficult individual battles, like the employee of a publishing house who was sexually harassed and then fired when she dared to complain of it. Earlier this year, a court ordered that she be paid $12,500 in damages—a landmark ruling in a country where the concept of sexual harassment is virtually unknown.

Still other women finesse the system rather than fight it, circumventing its obstacles and satisfying their own ambition by simply opening their own businesses. Atsuko Taguchi, forty-eight, was a wife and a mother of three when she decided with another married woman to open a restaurant five years ago. Fearful of her husband's reaction, she didn't tell him. Instead, she borrowed money from her father and tried to keep her venture secret for as long as possible. Within months, her husband found out and berated her relentlessly, telling her, Taguchi recalls, that he hoped the restaurant would go under."

She persisted, though, and far from going under, the restaurant is booming. And these days, Mr. Taguchi is keeping his mouth shut. ■

Jill Powell is a Tokyo-based correspondent for Newsweek magazine.
Additional reporting by Kathryn Casey.

The summer visitor

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at me. I looked at him.

I went upstairs and sat on the edge of my bed. At last a thought presented itself: I can get rid of her.

At midnight, as my birthday ended, when it was getting light in Rome, I called Alessandra's mother and I said the kid would be coming home early. Gina was intrigued: hair-burning?

"She sprayed flammable paint into it," I said. "It wasn't a good idea."

"*Not* a good idea!" Gina vivaciously agreed, and then I told her how distracting and bewildering the visit was becoming for everyone. Especially for Zachary, I said (completely untrue). I said he was terribly taken with Alessandra and almost disoriented by it.

Gina, after a pause: "Cute! *How he wands to be a mahn.*"

Late morning, I knocked. "In a moment," she said, but I went in. She was in bed, not sleeping, black makeup smudges under her eyes, the shades drawn. "A moment, Jo," she said.

"It's my house, Alessandra."

She scrambled up, leaned against the pillows. She said, "I will go, Jo."

"I think that makes sense."

She looked very self-contained, laid her hand on her beautiful chest. She said with dignity, "I am sorry if you don't like my visit." Then her hands flew up, her face dissolved, and she began to cry.

"Zack is fine," I said. "There's no real damage. I just think the visit has been long enough."

She grabbed the sheet and scrubbed at her face. "I know little Zachary is well. It is something else. You 'ave been a friend, and I 'ave to tell you some information."

I suddenly wanted her not to say anything.

"It is my guilt," she said. "It is about Beel."

"William?"

"That we 'ave been lovers."

"That you and William have been lovers," I said.

"Oh, Jo, I must offer my apology to you!" she cried, and started to gasp and sob.

I turned my back. I looked out the window, straight down into bright-green lawn. It couldn't be true, but it could be. I didn't believe her; but I did. Okay, I thought, distinguish yourself.

I said, "You know, dear, William and I don't really, strictly speaking, have secrets. We *tell* each other what we do."

She gazed at me.

I said, "This is a *marriage*, dear. Now that's a complicated thing. An event like this doesn't really have the kind of impact you might've expected. Do you understand what I'm telling you?" *(continued)*

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"I don't know."

I talked on. I said that whatever impression she'd gotten, I didn't think she ought to trouble herself further. Really, to not keep crying now. I cast her a full look of simple, high-minded clarity.

She looked at me miserably, dabbed at the corners of her pale wet eyes.

"Okay," I said. "Now,why don't you pack."

William was at work when the limousine came for Alessandra. We walked her out. She embraced the kids with passion. She said quickly, "Thank you, Jo," kissed my cheeks, and turned. She glittered at the limo driver, who looked excited and tenderly held the door.

The limo pulled away. We watched its brake lights flare, and then it slowly turned the corner.

I went in and dialed William's office.

"Be less cryptic," he said. "Speak clearly. We're swamped here."

I said, "You can't sleep with people and not be found out. I cannot see how you'd imagine you could."

"What are we talking about?"

"I talked to her, William, and she told me."

There was a long silence. Then, "Let's hear this again."

"On top of doing it, you're going to lie? How could that possibly be worth it, when I already *talked* to her, and she *told* me."

"It's not possible."

"She volunteered the information!"

"Jill wouldn't do that."

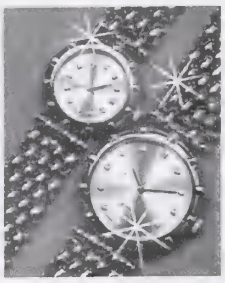
"Jill?" I said.

He said: "*Oh, man.*"

And then it was suddenly full summer, and because I didn't know what else to do, I was going home—to my mother's house, on Cape Cod. In pale light, I woke the kids, who moved like sleepwalkers down the stairs and into the car. I put it in neutral and coasted down the driveway. My darling Willie was still in our bed, sleeping deeply in air-conditioner wind. I had left him a note.

Speaking of notes: Nora said sleepily from the backseat, "I forgot—Sandy wrote you a letter," and handed it up to me. I stopped, turned off the car and read it. In Alessandra's large, round hand, on my own stationery, it said she was sorry to have lied about William, that she had been just so unhappy at being sent away. That I was a friend to her. That she felt obliged to admit her guilt and make it right. Our summer visitor's written English was surprisingly compelling and represented her well—she sounded smart and vulnerable and caring, which of course she was. "Buckle your belts," I said. After all, what else could I say? I turned on the car again, and we left home. ■

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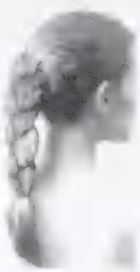
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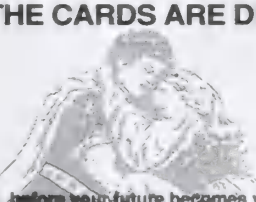
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tinued from page 48

THE REMODELERS *continued*

an incision along the bikini line and another around the navel. The skin is separated from the abdominal wall and lifted above the rib cage. The surgeon then pulls loose tissue covering the abdomen's large vertical muscle toward the center of the abdomen and sutures it together. This tightens the muscles, provides a firmer abdominal wall and narrows the waistline. The skin is then lowered, and the excess is removed. A new navel is created. Abdominoplasty may be combined with liposuction to remove excess abdominal fat before the tuck surgery. **The downside:** post-surgery soreness and discomfort. Scars are permanent, but will lighten within three to six months. **The cost:** $1,200 to $8,500.

THE SKIN SMOOTHERS *continued*

■ **Chemical peels** A chemical peel can help diminish pigmentation problems, wrinkling, active acne, brown spots and sun damage. In 1990, 13,732 peels were done for cosmetic reasons, according to the ASPRS. The procedure: A caustic chemical is applied to the skin, producing a controlled exfoliation. There are three levels of peels: superficial (for people with active acne and some fine surface lines or wrinkles), medium (for someone with skin that has more sun damage, more wrinkling, and superficial bumps and lumps on the face that come with aging) and deep (for someone with a lot of sun damage, noticeable pigmentation irregularities, and moderate to severe wrinkling). The chemical used depends on the level of the peel—it's a mixture of two or all of the following, in different concentrations: alpha hydroxy acid, Retin-A and trichloroacetic acid. After you've had a peel, you cannot be exposed to the sun at all for six months, and after that, you'll need to wear an SPF of at least 15 at all times. **The downside:** Medium and deep peels can have severe risks—from scarring for medium peels to heart damage for deep peels. Do plenty of research before considering this procedure. **The cost:** from $300 to $700 for a superficial peel to $2,000 to $3,000 for a deep peel.

■ **Dermabrasion** According to the ASPRS, in 1990, 16,969 dermabrasions were performed. Using a hand-held machine with a rotating metal bit attached to the end, a physician actually sands down the skin. The process takes two to three hours. You can be up and around after forty-eight hours, but you'll look awful for about two weeks. Sun exposure is out of the question, and a heavy application of sunscreen with an SPF of at least 15 will be necessary at all times for the rest of your life. The good news: It's a permanent procedure. **The downside:** It's a bloody process, and the skin gets very swollen. Scarring is a possibility. There's also the possibility of going too deep, resulting in pigment irregularities. **The cost:** $2,000 to $5,000.

■ **Collagen injections** In 1990, 80,602 procedures were performed in the U.S. and Canada by members of the ASPRS. Collagen injections are made of a solution with approximately 50 percent bovine (cow) collagen, saline and a local anesthetic. The solution is injected into wrinkles or any other areas that need plumping. It's uncomplicated, practically painless and doesn't require any cutting or a sedative. The resultant minor swelling will disappear in twenty-four hours. Regular activities can be resumed immediately. **The downside:** The collagen doesn't last long—about three to four months. It's also expensive, considering how often you have to repeat the procedure. **The cost:** $300 to $400 per syringe. You'll need anywhere from a half syringe to four syringes.

THE BIG COVER-UP *continued*

Try: Neutrogena Hand Cream or Vaseline Overnight Moisture Treatment Cream. "Older women should wear vibrant enamel," says Singleton. "Unless you have even skin tone, avoid nudes and neutral shades."

A slim shape According to Stretch, a top fitness trainer at the SOHO Training Center, in New York City, "A woman's body looks old when she doesn't exercise. When the body isn't being worked, it's not toned; therefore, any fat you consume is stored and not burned off, and the body expands like a balloon." Aerobics can help you build strength and endurance for the whole body. If you want to concentrate on the lower body, step aerobics and the treadmill are ideal.

Not committed to fitness? You can hide the fat and fool 'em with control-top hose and bodyshaper lingerie. Karen Bromley, spokesperson for the Intimate Apparel Council, calls bodyshapers confidence boosters under snug clothes. They're lightweight and comfortable, and are available in full-slip, half-slip and short-leg versions. Another trick: shoulder pads. According to fashion designer Donna Karan, "If you accent your upper body, your waist will look smaller."

The best breasts What's the nonsurgical secret to uplifted, young-looking breasts? Underwire and push-up bras, of course. Karen Bromley suggests bras with wide straps and a wide back closure for the ultimate support. If you're small-chested, try a slightly padded push-up bra.

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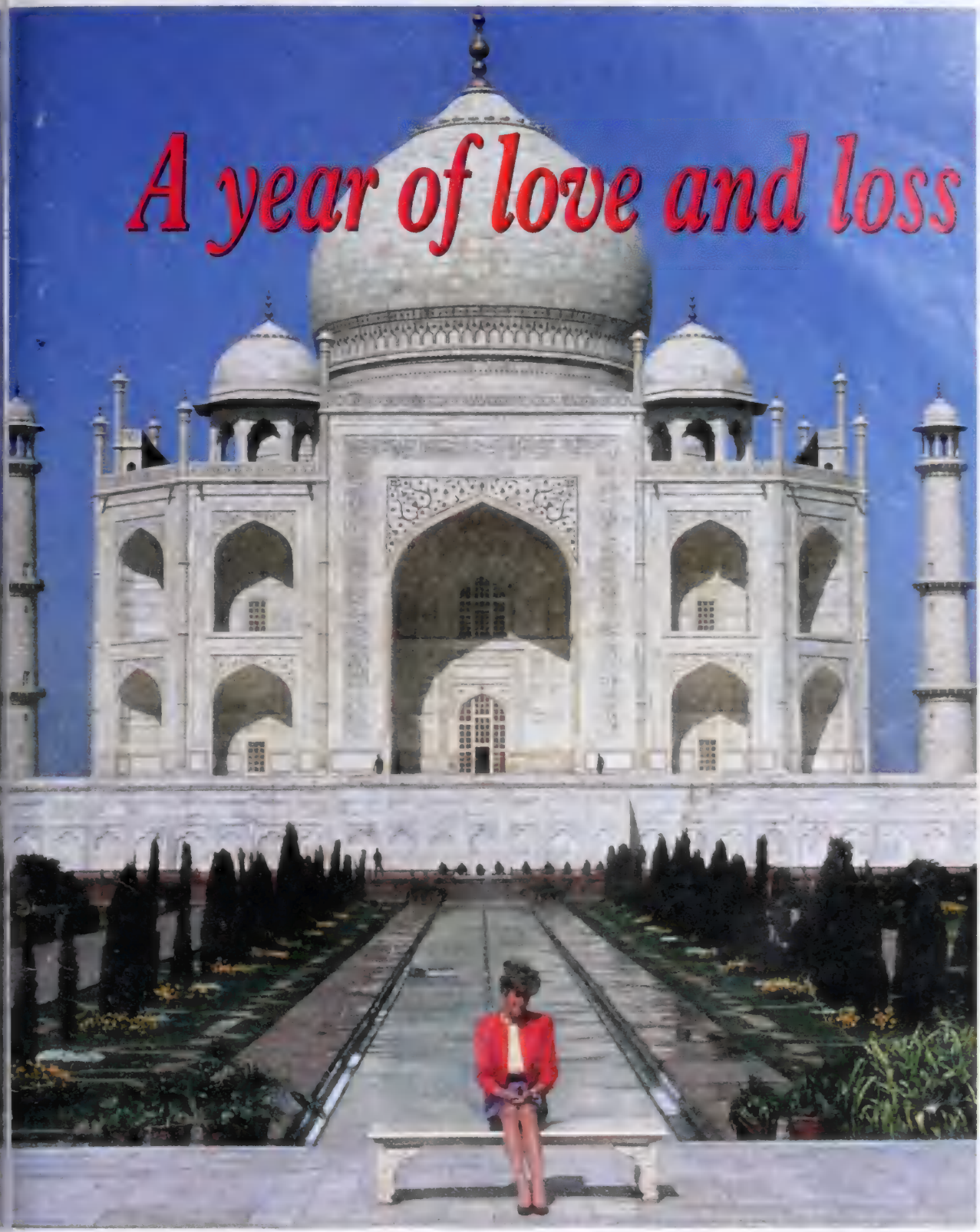
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ON SALE JULY 14

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This picture of the Princess of Wales, taken last February before the Taj Mahal, is both poignant and oddly prophetic. Diana visited the romantic memorial—built by an Indian ruler in tribute to his late wife—alone, as she so often is these days. Married eleven years this month, Diana and Prince Charles seem more distant than ever. Most devastating, though, was the loss of her adored father, Earl Spencer, who died in March. Her note, attached to a funeral bouquet, read: "I miss you dreadfully, darling Daddy, but will love you forever…Diana."

"My kids tell me my potato salad is totally cool.



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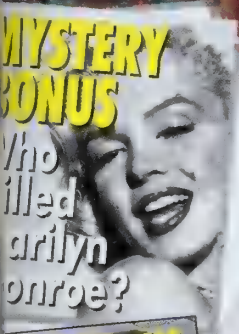
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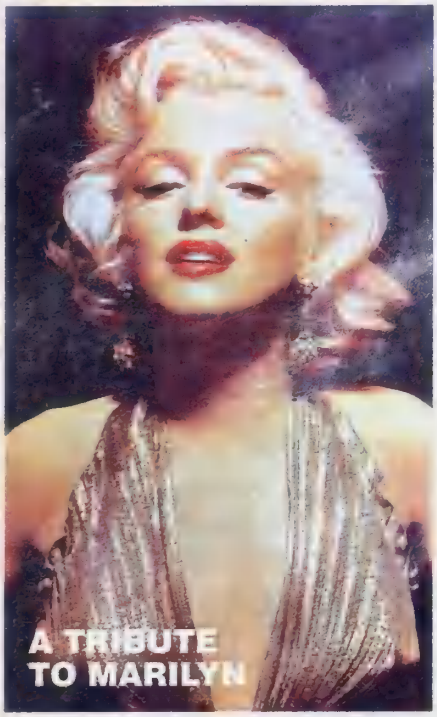
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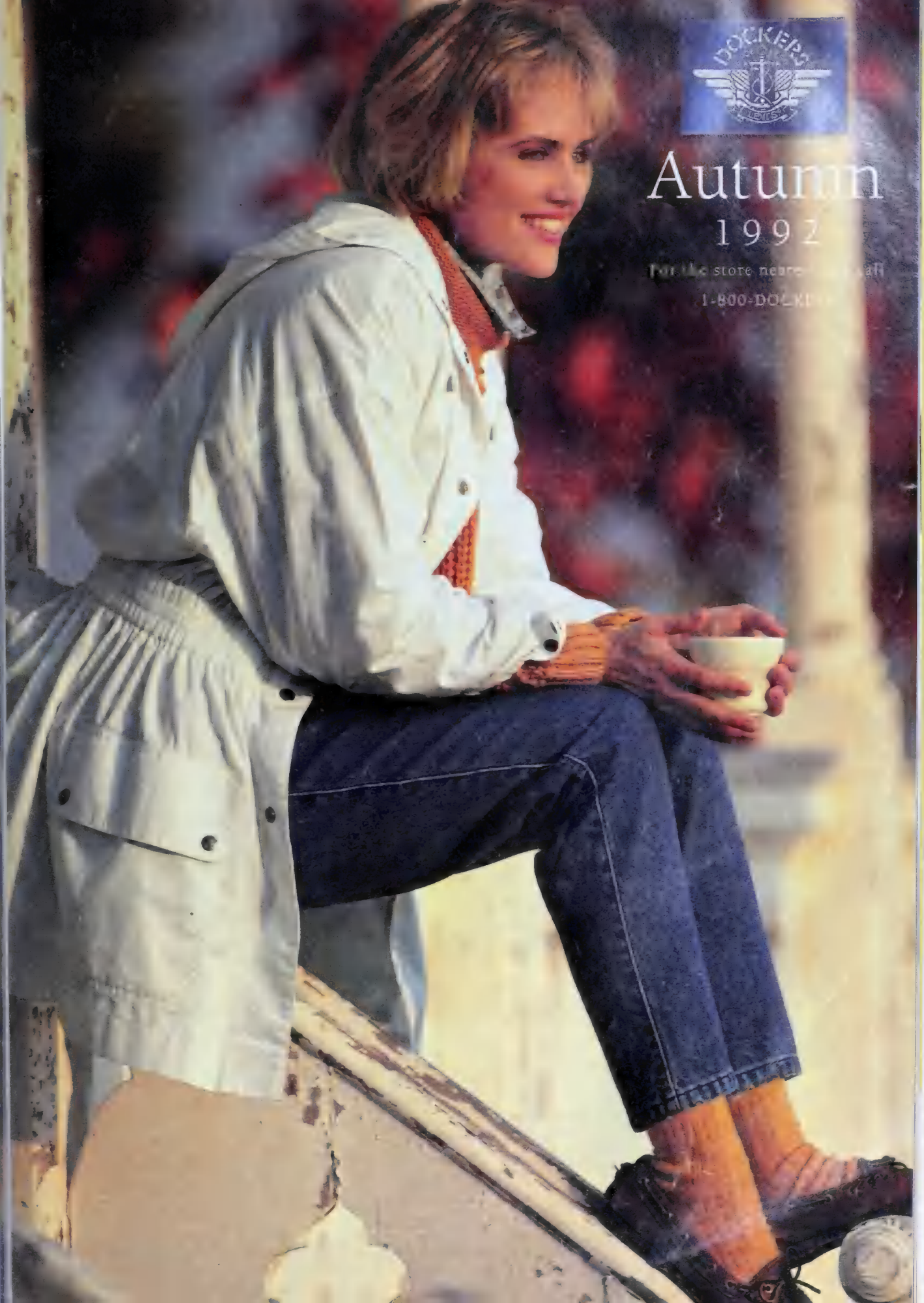
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Cool-downs for summer



How do you keep your cool during the hottest days of summer? That's what I asked *LHJ*'s super-cool editors. Here's their advice:

"Learn how to windsurf," says Food Editor Jan Hazard. "Trying to master the skill, one spends more time *in* the water than on the board skimming *across* the water." And, yes, Jan is still trying to master the skill.

"When you wash your hair in the morning, don't dry it completely," advises Associate Editor Shana Aborn. "Put some styling gel in while it's damp, pull it back with a headband, and be on your way. Any breeze will feel great."

"I limit my accessories in really steamy weather," reveals Leslie Lampert, our new Lifestyle Editor. "I wear small stud earrings, my watch and wedding band, and a pouch-size purse. Without a necklace, bracelet, and a roomy handbag, I feel—and look—lighter."



"I keep my perfume in the refrigerator," says Pam Guthrie O'Brien, Features and Books Editor, "and spritz on the icy fragrance before I leave."

"When I was a teen, my best friend and I always went for lime rickeys at a local soda fountain, and they still work for me," says Associate Food Editor Susan Westmoreland. "Halve a lime and squeeze the juice into a tall glass. Add a couple of teaspoons of sugar and the lime hull, and stir. Fill the glass with ice and seltzer. Pass the glass over your forehead for a quick cool-down, and sip slowly."

A final bit of advice from Articles and Fiction Editor Jane Farrell: "To keep cool emotionally, I remind myself that every person on earth—even the person I'm arguing with—is God's creature and that our conflict is, in the overall scheme of the universe, a very small thing indeed. If that doesn't work, I count to ten, smile and say, 'Maybe we should talk about this another time. . . .' It's the best way to really cool it."

Myrna Blyth

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"My stepsons are destroying our marriage"



BY MARGERY D. ROSEN

ALICIA'S TURN "My life is like a soap opera, and I'm afraid that instead of celebrating our first anniversary next month, Chris and I will be heading for divorce court," said Alicia, thirty, a tall, blond woman whose hair fell in soft waves around her face.

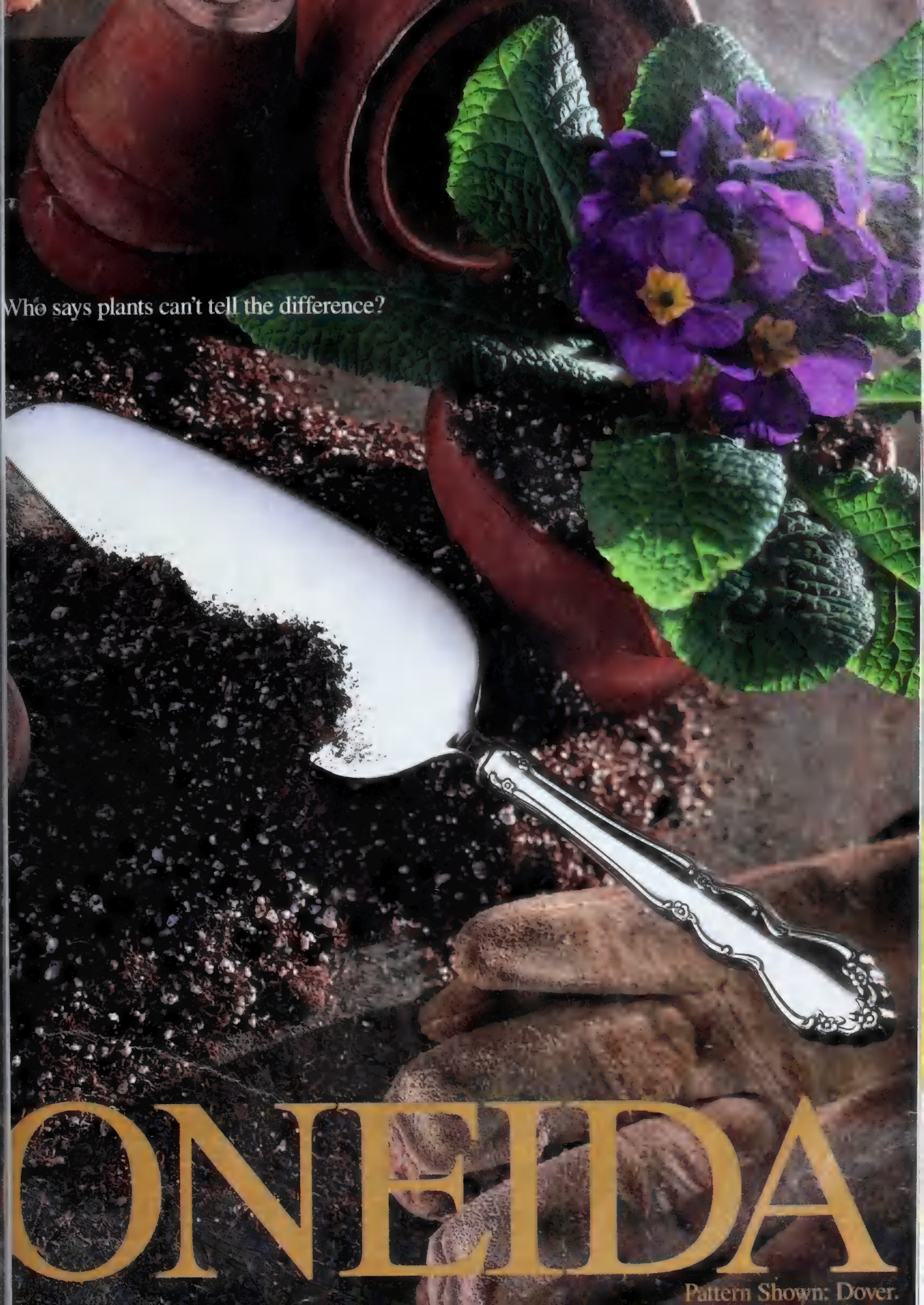
"Sometimes I think I'm losing my mind, but I could swear that my two stepsons—Greg is twenty-four and Andy is twenty-two—are plotting to destroy my marriage. Why else would they do the things they've done? I've tried not to let it get to me; I've tried to concentrate on my own two little girls—Becky is eleven and Emma is nine and a half—and not to make waves, but things are getting out of hand. And instead of siding with me, Chris sides with his kids. How can he let them push him around? Doesn't he see?

"I'm afraid I'm lousy when it comes to picking men. My mother was also a terrible judge of character. I grew up not far from where I live now, the oldest of three. Before she married, my mother was a salesclerk in a department store. My father was a carpenter—that is, when he chose to work. Most of the time, he would lie around and watch TV all day. My parents fought a lot about money. Mom worked herself to the bone, and my father constantly criticized her as well as me and my sister, but she put up with him. Sometimes he actually hit her.

"And though I'm close to my mother now, growing up I wasn't; if I had a problem, I tried to handle it myself. Basically, I was very shy. I didn't come out of my shell until I married Chris.

"I was married once before, right after I graduated from high school. I got pregnant six months later with my first child and had my second by the time I was twenty. My ex is a mechanic; he beat me, and I would do anything just to keep the peace. He told me if I ever left him, he would kill me. *(continued)*

THIS MONTH'S CASE IS BASED ON INTERVIEWS AND INFORMATION FROM THE FILES OF EVELYN FIRESTONE MOSCHETTA, D.S.W., AND PAUL MOSCHETTA, D.S.W., A COUNSELING TEAM BASED IN NEW YORK CITY AND ON LONG ISLAND. THE STORY TOLD HERE IS TRUE, THOUGH NAMES AND OTHER DETAILS HAVE BEEN CHANGED TO CONCEAL IDENTITIES.


Who says plants can't tell the difference?
ONEIDA
Pattern Shown: Dover.

Can this marriage be saved?

continued

"Finally, after twelve years, I realized I was better off dead than living the way I was. I found the strength to tell him to move out. He found another woman in Oklahoma, and thank God, he's out of our lives. We were divorced two years ago.

"I met Chris on a blind date arranged by one of my friends at work—I had gotten a job as a bank teller right after my divorce. Chris was unlike anyone I had ever been with. He's sixteen years older than I am, and he is such a gentleman. He did sweet things like open the door for me, and he treated my girls with such thoughtfulness, bringing them little gifts. He made me feel terrific—and very loved—for the first time in my life.

"Chris had also been married before, and he had two grown sons, who lived with him. The older, Greg, was unemployed, and Andy was at the local college. But never in a million years did I think that they would be a problem. When I first met them they were a little distant, but I assumed they would feel funny with anyone who was marrying their dad and that once they got to know me better, we'd be friends. Why, they were even in our wedding.

"But things started to get ugly right away. Chris's first wife had died of cancer four years ago, but the marriage was terrible long before she got sick. The boys, however, never thought their father would remarry. And over the last year, I've come to realize that they are both, out of sheer spite, trying to break us up.

"The first strange thing happened on our wedding night. Chris had bought me a beautiful watch as an engagement present, and when we got home after the ceremony—the girls and I had moved in the day before—I discovered it was missing. There was no one in the house that day except for family. I told Chris, and initially he helped me look for it, but when we couldn't find it he just said, matter-of-factly, that I must have misplaced it. I knew I hadn't, but what more could I say? He didn't want to hear any more about it.

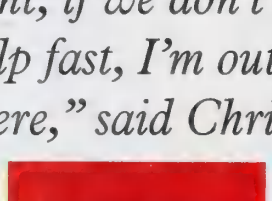
"We went to Niagara Falls for a honeymoon—I brought the girls to my sister's house while we were away. When we got home, I walked into the bedroom and saw that the bed had been slept in. I had put new and expensive sheets on the bed, and they had slept in it! When I showed Chris what had happened, he didn't say a word. Then I glanced at my dresser and saw that my lingerie drawer was all messed up. Finally, when I opened the closet, I noticed my wedding gown was pushed into a corner. Someone had tried that on, too! Immediately I suspected Greg's girlfriend, Diane, who, despite my objections, continued to sleep at the house on a fairly regular basis.

"Since Greg is unemployed, he and Diane spend a great deal of time hanging around the house, messing everything up, leaving food and dirty plates in the living room and in the bedroom. He asks his father for money to go out with Diane, and Chris gives it to him. I don't think he is even trying to find work! Greg even let the dog go to the bathroom all over the living room. One day, he called the police, and to this day, we have no idea why except to harass us. He told the cops that we wouldn't let him take his things out of the house. It made no sense.

"By this time, I was totally paranoid and began to distrust my own judgment. I called you because this marriage is going to be over unless things change. I'm five months pregnant now, but I'd rather be a single mother than go through this again. Chris doesn't beat me, but we've started having terrible fights, and I'm not about to spend the rest of my life trying to cope with the lies his sons are spreading about me.

"I keep asking Chris, 'When are you going to say something? Don't I count? Don't I matter?' He promises to talk to Greg but never follows through and just tunes me out. He'll ignore me, go to sleep, or grab the car keys and go for a drive. I know he did that in his first marriage—he told me that he would get so angry at his first wife that he'd go away for days on end. To tell you the truth, I'm not so sure he isn't having an affair. I found a matchbook in his jacket with the name 'Terry' scribbled on it. So my rage builds up. I've started throwing things—plates, plants—out of frustration.

"Frankly, at this point, if we don't get help fast, I'm outta here," said Chris.



"I've wanted to remodel the house. I'm having a difficult time, knowing that this was their house, but I think that if I could change a few things, I'd feel more comfortable. At the very least, I need to fix up a nursery. But everything is on hold until we can resolve these problems."

CHRIS'S TURN "Alicia's turning into the same kind of screaming nut I used to be married to," said Chris, forty-six, a stocky man in jeans and a flannel shirt. "I love her, but she's trying to start trouble between me and my boys.

"I grew up the middle child of three; my father was a factory foreman, a h worker but very uncommunicative. came to this country from Italy when was a young man, but all his life missed his family back home. My mo was a beauty. She was a protégée of H Carnegie, the designer, but my fa made her quit. No wife of his was goin work outside the house, and my mo always appeased my father. She use call him The Boss.

"But I got away with murder. I was prince. I never had to wash a dish or s my whole life, because Mom took ca everything. But we weren't big on tal or big on feelings. Dad was a straight row, never smoked or took a drink. worked at one place for seventeen ye he'd come home, read the paper, eat ner and go to sleep.

"Up until the fourth grade, I was a rific student. That's when my par switched me to parochial school, whi hated. From then on, my grades w lousy, and I hated school; I'm telling I couldn't have passed lunch. The pri kept telling me I wasn't living up to potential, but to be honest, I ne thought I had much potential.

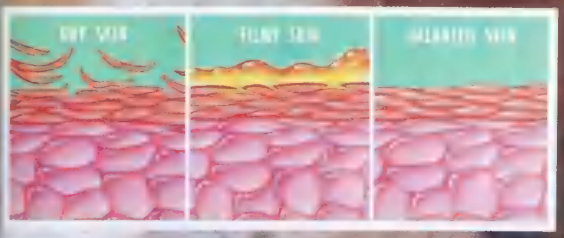
"The day I turned eighteen, I quit went to work as a factory shipping cl After a few months, the head of perso called me in—I thought I was gett fired, but he told me the chairman of company had his eye on me and wante send me back to school. They offered a full scholarship to college if I'd fi high school; I thought they were nuts I quit and started working for a large c struction company as a bricklayer. W didn't I take them up on the offe thought they were crazy, that's why.

"All this time, I was going with first wife, Joanne. We dated for five ye and one day she said we should get m ried, so we did. She set the date, told when and where, and I showed up. marriage was bad from the start. Joa was a screamer. I couldn't stand it, used to disappear—I'd go off by my for a weekend, sometimes down to F to visit my brother.

"I was always close with my bo though, and after Joanne's death, I trie be there for them. We used to garden gether, play a little ball. Okay, so may was a little lenient, but their mother been so strict, I wanted to make it up them. I used to slip them money if t needed it. I never thought they w spoiled, and I still don't.

"I wasn't planning on marry again, but one of my buddies kept b ging me to meet Alicia. I said, 'Mi why do I need to go out with a girl teen years younger than I am?' Fina I said yes to one dinner if we dou dated, and as soon as I saw her I fell love. She's beautiful and intellige Her daughters are *(continued on page*

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an this marriage be saved?

ntinued from page 16

e sweetest—I felt close to them from the first day.

"When I told my boys about Alicia and her horrible first mar-age, they were upset, but when I told them that we were going get married, they were furious. Greg said, 'I thought you were st going to straighten her out and let her go.' 'What am I, a issionary?' I replied. 'I love her.' He said, 'You've ruined my ans. My plans were to raise *my* family in this house. I don't ant her around.'

"I guess it was a shock to think their mother was going to be placed. And the fact that Alicia wants to remodel the house akes them even more uneasy.

"But honestly, I think Alicia's picking on them. I know she's ed because of the pregnancy and all, but she's too sensitive. ell her I love her; what they say doesn't bother me, so why es it bother her? All these little digs she imagines just aren't ppening. Listen—Terry is a man—I had an appointment to eak with him about a life-insurance policy, for crying out ud. And I knew Greg and his girlfriend slept in our bed while e were away, but I didn't think it was an insult. I don't think at way. These are my children.

"She says I don't talk. Well, she's right. I shut up because our nversations never go anywhere. Either she gets nasty with her acks or else she digs in her heels, I dig in mine, and we go in cles. Besides, I'm not confrontational. I don't want to argue, I n't want to shout. So I leave. She's relentless, following me m room to room, yelling, 'You're going to talk to me . . . I in-t you listen.' Many times, she gets so wound up, she goes off e deep end, telling me I don't care about her or the baby.

"At this point, I feel the same way Alicia does. If we don't get lp fast, I'm outta here. I've got just so much patience."

HE COUNSELORS' TURN "When they first came to e us, Alicia and Chris were fighting openly," said the coun-ors, "and they continued throughout most of the first session. ur first goal was to defuse the situation and get them talking lmly. We did this by giving each of them ten minutes to tell eir side of the story without being interrupted.

"For Alicia, her second marriage was a new beginning for her d her children. But in a very short time, her perfect world was ming apart. Once again, she thought, she had placed her trust a man who would never come through for her. Her father, en her first husband, had let her down. Indeed, her abusive st marriage had shattered her self-esteem, and like her mother, icia learned to never say or think anything good about herself.

"It was only to save her daughters that Alicia found the ength to end her first marriage. Soon afterward, she met ris. He admired her beauty, her wit, her intelligence—no one e ever had. Alicia saw in Chris a mature, wise, kind man. wever, she was not strong enough to battle his older son, o, feeling threatened, had begun a vendetta against her.

"One of our first goals was to help Alicia validate her con-ns—in her own mind as well as her husband's. For too long, e had found it difficult to articulate her needs. As a result, she uld hold in her feelings until she exploded in rage, often gging in other unresolved arguments at the same time. Her se of outrage was so strong that she reminded Chris of his st wife. We told her she had to learn to monitor her com-nts. Instead of saying, 'You never talk to me,' we suggested ng 'I' statements: 'I feel upset when you don't discuss what pened with me.'

"We also wanted to help Chris redefine what was appropriate l inappropriate to expect as a parent, even of adult children. ris had abdicated all parental authority. His older son, espe-lly, was totally out of line. But Chris's pattern of interacting h his children had been to placate them, and he continued to so. We told him that at any point, no matter how old your ldren are, if you want to have a harmonious *(continued)*



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Can this marriage be saved?

continued

relationship, you have a right to state your feelings and to expect that your needs will be taken into account. 'As children grow up, their relationship with their parents should become more of a reciprocal giving and taking,' we told him. However, Chris kept saying, 'You can't teach an old dog new tricks.' He wouldn't believe us when we insisted that in this case, that wasn't true.

"Chris wasn't used to handling such stress. This is a man who had spent most of his life hiding from conflict, coasting along with few demands placed on him. The only son of a close-knit family, he knew his parents were unhappy with their lives, but they made little effort to improve them. Even as an adult, Chris avoided taking a stand. He fell into marriage with his first wife, the only woman he had seriously dated. And though he was terribly unhappy and could barely stand being with her, he fell into the pattern of going to work, coming home, reading the newspaper and falling asleep on the couch—just like his own father did. Though obviously intelligent, he never had confidence in himself and felt he had little to offer.

"When Chris's younger son, Andy, admitted to Alicia that his older brother and girlfriend had been plotting to break them up, Chris could no longer deny that this was happening; nor could he accuse Alicia of imagining incidents. He had to face a painful reality: His selfish son was indeed trying to destroy his happiness. Chris apologized to Alicia, and from that time on their relationship began to improve. 'I'm here for Greg if there is an emergency,' Chris said during one session, 'but until he takes responsibility for his actions and apologizes, there is no basis for a relationship.' He also asked Greg to move out; he is now living at Diane's house, and so far, Chris and Alicia hear about him only through Andy, who will continue to live with them until he graduates next year.

"Once her husband began to acknowledge her feelings, Alicia was better able to control her temper and sort out what was really worth getting upset about. At the same time, she had to begin to empathize with Chris's feelings and to be patient. His way of relating to his sons was not going to change overnight, so she had to take the long view. This has been made easier by the fact that she likes herself more and has begun to speak up more in general. During one of our last sessions she happily reported that recently, when they had gone out to dinner, she asked the waiter to send back a steak that she had ordered medium-rare. 'Before, I would have eaten it if it was charcoaled,' she admitted.

"Chris, too, feels a general sense of happiness. This couple was in counseling for eleven months—we saw them for a few closing sessions after the birth of their son. 'I know things are better now,' he told us, 'because I no longer feel that at any minute she'll start screaming at me for no reason.' " ■

Skill builder
One rule for fighting fair

Many couples fall into the same pattern that Chris and Alicia did: They may think they're communicating, but in truth, they are so busy shouting at their partner or preparing their own defense that they never really hear what their spouse is saying. A simple kitchen timer can be a marriage-saver. The next time you're arguing to no avail, try turning the timer on for ten minutes. Then, take turns sharing and listening. In ten uninterrupted minutes, the sharer can say what's on her mind without fear of being cut off, judged or analyzed. The listener must work hard to hear the feelings behind the facts stated by his partner. Switch turns when the timer goes off.



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Falling in love again

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BY JEANNE WHITE, AS TOLD TO ANN MARIE CUNNINGHAM

Editor's note: In April 1990, Jeanne White's eighteen-year-old son, Ryan, died of AIDS after a five-and-a-half-year battle. He had contracted the disease from infusions of blood products he needed to control his hemophilia.

At the time of his death, Ryan was probably the most famous AIDS patient in the world. At thirteen, barred from school in his hometown of Kokomo, Indiana, he became the first child with AIDS to sue for the right to return to class—and win.

In August 1990, Jeanne shared with Journal readers her sadness over the loss of her courageous son. Today, Jeanne talks about the man who taught her to open her heart again.



As I remember Ryan's last years and how much they consumed me, it seems like a miracle that I survived that grief to live my own life—and to fall in love with a wonderful man. After all, much of my time has been spent actively carrying on my son's efforts to fight AIDS, and people still don't want to talk about the disease unless it has touched them personally.

I also wasn't sure I wanted to get involved with anyone, for health reasons; there was a chance that I had been exposed to the AIDS virus when I helped care for my son. I could never remarry if I were HIV positive.

But I never dreamed I would find someone like Roy Ginder, my neighbor and good friend. He supports my work wholeheartedly and wants to help me in my efforts to educate the public. Most important, he's shown me that there is love after tremendous sorrow, and I'm proud that I will become his wife later this year.

Growing up, I was just like most girls in Kokomo: After I graduated from high school, I went to work in one of the ten plants owned by Delco Electronics, and I married a fellow worker. We divorced when Ryan was seven and his sister, Andrea, was five. Later, I married Steve Ford, another man from the plant. That marriage ended after five years, but we remained close friends, and he cared for the children very much. He always visited Ryan in the hospital when he was ill, even when everyone else was too scared.

It wasn't easy being a single mom—especially since Ryan had hemophilia and could bleed to death from a minor injury. We accepted it as part of our lives, however, and tried not to live in fear. We dealt with emergencies as they happened; I learned how to administer Factor VIII—the portion of the blood that controls clotting—at home. I let my son live as normally as possible without insulating him from every danger.

During the summer of 1984, a year after Steve and I had split, Ryan began to feel weak and dragged out. He had trouble breathing and seemed to cough all the time. In December, right after he turned thirteen, he developed pneumonia and was rushed to the hospital. That's when we found out what was really wrong: He had AIDS. I knew this was a death sentence for my son. I was heartbroken.

In the months that followed, my main job became looking after Ryan—that, plus working when I could and making sure Andrea didn't feel completely left out. So I didn't have much time for dates. To tell you the truth, nobody asked me—and I didn't feel much *(continued on page 28)*

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By J. T. Cooper, M.D.

A unique new weight-loss program has been discovered by a team of bariatric physicians — doctors who specialize in treating the severely obese. It was further developed and tested at clinics in Waycross and Marietta, Georgia.

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I'm sure you're wondering, "How can a person eat so much and still lose weight?"

The secret is not in the amount of food you eat. It's in the *prescribed combination* of foods you eat during each 24-hour period. Nutritionally dense portions of special fiber, unrefined carbohydrates and certain proteins that generate a calorie burning process that continues all day long ... a complete 24-hour fat-reduction cycle. Metabolism is evened out, so fat is burned away around the clock. Not just in unhealthy spurts like many diets. That's why it lets you shed pounds so easily. Without hunger. Without nervousness.

And it's all good wholesome food. No strange foods. You'll enjoy a variety of meats, chicken, fish, vegetables, potatoes, pasta, sauces — plus your favorite snacks. Even some light wine or beer if you wish.

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- There are no powders. No chalky-tasting drinks to mix. No artificial foods of any kind.
- There's no strenuous exercise program.
- You don't count calories. Just follow the program. It's easy.
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Here are some *actual* comments from people who participated in the program ...

- Susan T. is a 29-year-old computer programmer. She went from 171 to 153 in just 52 days.

"I bring home a lot of stress and it makes me start gaining weight. But not this time. The weight's off and it's staying off. I've been slim for over a year now!"

- Stacy H. is a 35-year-old nurse who's only been on the program for 3½ weeks and lost 11 pounds.

"I'm so grateful for a program that allows me so much food and so many snacks. I've tried dozens of diets. But I was always hungry. Now I can even walk by the nurse's station (where they keep the donuts) without hesitation. Thank you."

- Reverend Donald F. is a 42-year-old ister who went from 227 to 179 in just months.

"In spite of church suppers, I've almost 50 pounds in four months I'm not having a rebound gain. E my wife and I enjoy the m greatly."

- Renate M. was a G.I. bride from Germ who went from 212 to 140.2 in 8½ mon

"I believe I was a participant in ery weight-reducing plan there e was. I failed at all of them. Th about two years ago, I started Clinic-30 Program. And I haven't gained a pound. Not one."

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continued from page 24

like going out. I had enough to do just coping with the discrimination we suffered during—and after—Ryan's fight to stay in school. Most people in Kokomo stayed well away from us, even in church. At the grocery store, the cashier would drop change into my hand from three feet up. Kids drove by the house yelling "Fag!" or "Bitch!" It was so hard to see my brave boy have to deal not only with his illness but with the unkindness of others, as well.

In 1987, hoping to escape our torment, we moved to Cicero, a quiet little town about an hour south of Kokomo. There, Andrea and Ryan got to know the Ginders, who lived five doors down from us: Roy and his wife; daughter Shawn, then eleven; Steven, nine; and Adam, eight. Ryan sometimes gave his old T-shirts to the Ginder boys. Ryan was always very particular about his clothes—the collars on his shirts had to fit snugly so his neck wouldn't look so skinny.

Ryan knew Roy a lot better than I did because of their mutual love of cars. I think he focused his energy on them because when you're a hemophiliac, you can't play many sports for fear of injury. He couldn't wait to get his driver's license so he could use his new red Mustang—a gift from Michael Jackson, who had befriended Ryan when his story made headlines. He was so proud of that car! He spent hours polishing it.

Ryan started asking Roy, who was then an auto mechanic, for advice on customizing his car. Before long, Roy became the only person Ryan trusted with his precious Mustang. Once, Roy needed the gas cap to match some paint, and Ryan made him wrap it in a towel to avoid scratching it. The one time I met Roy at the shop, he says he handed me some literature about an engine injection Ryan wanted. But I don't remember that at all.

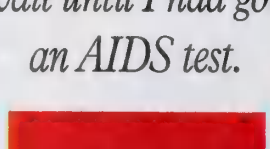
Ryan died in April 1990, and though I had tried so hard to prepare myself for this, I was still overwhelmed by the sorrow of losing my only son at so young an age and to such a devastating illness. Roy and his children came to the funeral home, but they couldn't get into the funeral service because the church was packed with celebrities, friends and the media. Shortly after that, Roy got a better job, and the Ginders moved to Florida.

To help myself cope, I began to travel a great deal to speak about AIDS. Besides being active with other AIDS-education groups, I started my own: the Ryan White Foundation. Phil Donahue and Dr. Martin Kleiman, Ryan's physician, are members of the board, and I'm the executive director. Among other activities, we want to provide nationwide support for adolescents and young adults with AIDS, as well as their relatives and friends. Because of the prejudice others showed toward Ryan, I feel it's my duty to try to educate people about this disease.

It's my ultimate hope to form a national network so that parents dealing with the AIDS crisis can talk to each other. I remember how all alone I felt back in Kokomo, and I don't want any parent of a child with AIDS to feel that way ever again.

Slowly, we got through the worst times and began to live again. Andrea became more serious after her brother's death; once a championship roller skater, she lost interest in the sport and concentrated on schoolwork. Now she has decided to go to college and wants to be a doctor.

I'd been longing to hear Roy propose, yet dreading it at the same time. I said, "Don't ask me until I know I can say yes." He thought I meant it was too soon to consider marriage. I wanted to wait until I had gotten an AIDS test.



My own new ambition was to have another child. I've always loved being a mother—to me, family is what life is all about—so we tried to adopt a baby last summer. It was a wrenching disappointment when the mother changed her mind at the last minute.

Around last Thanksgiving, I heard that Roy had moved back from Florida. Now divorced, he was living with his children about seven miles away and working for his cousin's masonry business. At Christmas, I sent him a card from Andrea and me.

After Roy received it, he thought about asking me for a date if I wasn't already seeing someone. He asked Shawn about it, who then talked to my daughter at school. Andrea came home and asked me, "Mom, do you remember Roy Ginder? Would you go out with him?"

I had to think about that for a minute. Ryan and Andrea had always tried to fix me up, but I hadn't dated in ten years and didn't have any desire to see anyo However, I remembered how kind l had been to my children and how hig they thought of him. I finally sa "Yeah!" Yet Roy didn't call, and I w dered whether the whole thing was ju plot the girls had cooked up.

Then last March, I was going to att a cocktail party in Indianapolis, dur which we would discuss a large benefi be held toward the end of this year, the Ryan White Foundation. I was pl ning to go with my friend Shelley and husband, but Shelley, who knew ab the matchmaking scheme, kept aski "Why don't you ask that Roy?" It wa until the night before the party that l nally worked up the courage to call hin

When Roy picked me up, my fi thought was: He's sexier than I rem bered! I was impressed by his calm m ner and his gentlemanliness; he neve much as tried to hold my hand the wh evening. Afterward, he said good ni and asked if I'd like to go to a mo sometime. I had been nervous about be pressured to be romantic on a date; n suddenly, I *wanted* to be pressured!

On our third date, when Roy s hadn't made a move, I took his arm. said, "You must have been reading mind. I was bound and determined hold your hand tonight, but you beat to it." I liked his openness and honest had imagined dating would be all cat-a mouse, playing hard to get.

Nevertheless, I was still wary. I moving closer to him one minute jumping back the next. After our date night, I invited him to my house to wa TV. While he was in the TV room, I cused myself, slipped outside and le note on his car windshield. I'd thou very carefully about what to write; I sa wasn't sure where this relationship going, or whether this was the right th to do. I signed it "Love, Jeanne."

Roy told me later, "That's exactly h we were both feeling."

After that, we got together almost ery evening, just sitting and talking w our kids or going for walks. Sometim drove to his work site, and we had lun When I had the flu, he sat beside bed, holding my hand. Roy's a veget an—his doctor recommended a meat diet to treat his gout—so I bought a ve tarian cookbook.

He seemed so perfect. I used to r romance novels, and Roy topped th all! He sent me flowers, wrote me li love notes and doted on me. I was a glad that he was as devoted to his fa ly as I was to mine. Still, there w some things I worried about—such the difference in our ages. Roy is th ty-six, and I'll be forty-five t month. I felt cold when I told him t I was only ten years younger than mother. All he said was, *(continu*

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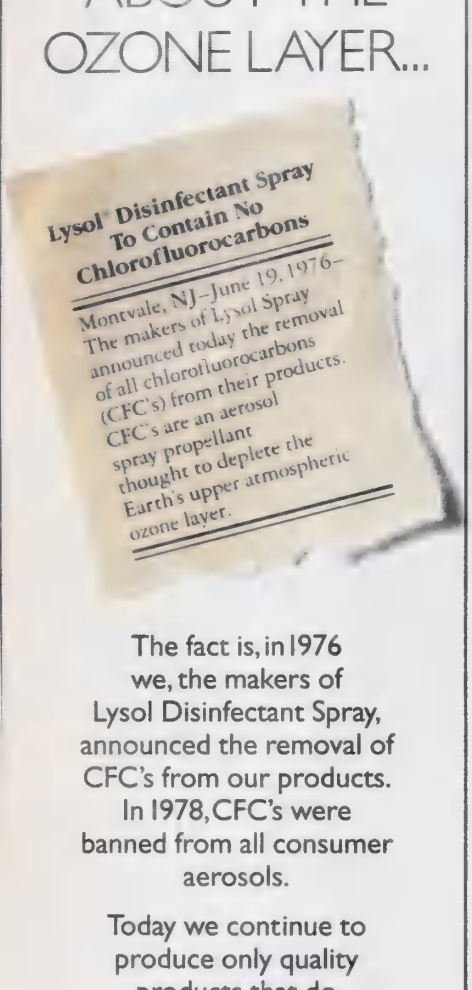
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"One of us has to be older than the other."

I also felt really self-conscious about my weight—I always have—and I resolved to diet. When Roy noticed that I wasn't eating much, he said, "If you're trying to lose weight because of me, don't. I love you just the way you are." If I hadn't already been in love with him by this time, I would have fallen hard right then.

There was still one more crucial issue I had to confront. One night, we were on the phone when Roy suddenly said, "I want to marry you." I took a deep breath. I'd been longing to hear him say that, yet dreading it at the same time. I said, "Don't ask me until I know I can say yes." He thought I meant it was too soon to consider marriage. I explained that I wanted to wait until I had gotten an AIDS test.

Of course, there was no danger of my contracting the disease by touching or being near my son; however, I had come into direct contact with his blood twice. About four months before Ryan died, his blood count was so low that he needed transfusions every day. He hated them, and he always gave me a hard time about them. I was administering a blood transfusion one day when I accidentally stuck myself deep in the wrist with his IV needle. He was furious with himself: "Now I've given you AIDS," he cried. I tried to stay calm, despite my fear. Ryan was upset enough as it was.

Then when Ryan was in the hospital for the last time, he started hemorrhaging from his mouth. As I wiped away the blood, people kept telling me to put gloves on, but in any case, I didn't think I had any cuts on my hands through which his blood could enter. At that point, becoming infected was the last thing on my mind.

But now it mattered—a lot. Although I'd felt fine for the two years since Ryan's death, I'd never been tested. I figured I'd worry about it if I became sick. But AIDS symptoms can lie dormant for years, so there was still a chance I was HIV positive. If I were, I could never marry Roy; it wouldn't be fair to put him at risk in any way.

It was a long three days before I got the results of my blood test. On the second day, I got a notice in the mail from the doctor's office asking me to come in for my annual physical. It didn't occur to me that this was just a routine form letter that had coincidentally been sent. Filled with dread, I thought: If the doctor wants to see me, it must be bad news.

It was worth the wait and worry to hear the nurse say, "Your test is negative." Since the virus shows up on tests within six months of exposure, I had a clean bill of health. Roy says he would have married me even if I were HIV positive. Still, I'm glad we won't have to worry about AIDS.

That Saturday night, Roy rented a horse and carriage and took me on a tour of the town. Midway through the trip, he turned to me and said, "I want to spend the rest of my life with you, Jeanne White." Joyfully, I replied, "I want to spend the rest of my life with you, Roy Ginder."

Our wedding will be a simple one—a ceremony before our friends and family in a church in Cicero, with Andrea as my maid of honor. We're writing our own vows, talking about our love for each other, our families and Ryan.

We know that everything won't be perfect for us. Andrea loves Roy, but she's a little nervous about her new family living in our home. Still, she'll be on her own at Indiana University by the time they move in, so she won't have the same adjustment stress as if she had stayed at home.

I don't think Roy and I will ever get stale—we're always joking around and kidding with each other. It's so neat to enjoy just being with someone. Every day I think I couldn't love him more, and then I discover I do. Now that this has happened to me, I don't want to let it slip away.

Some of my friends have said, "Jeanne, why do you want to marry again? You can do anything you want to do now. Why get tied down?" I don't look at it that way. I feel I'm getting a chance to start all over again with Roy's children. His young son, Adam, even reminds me of Ryan: he's a pistol and a conniver with a neat sense of humor.

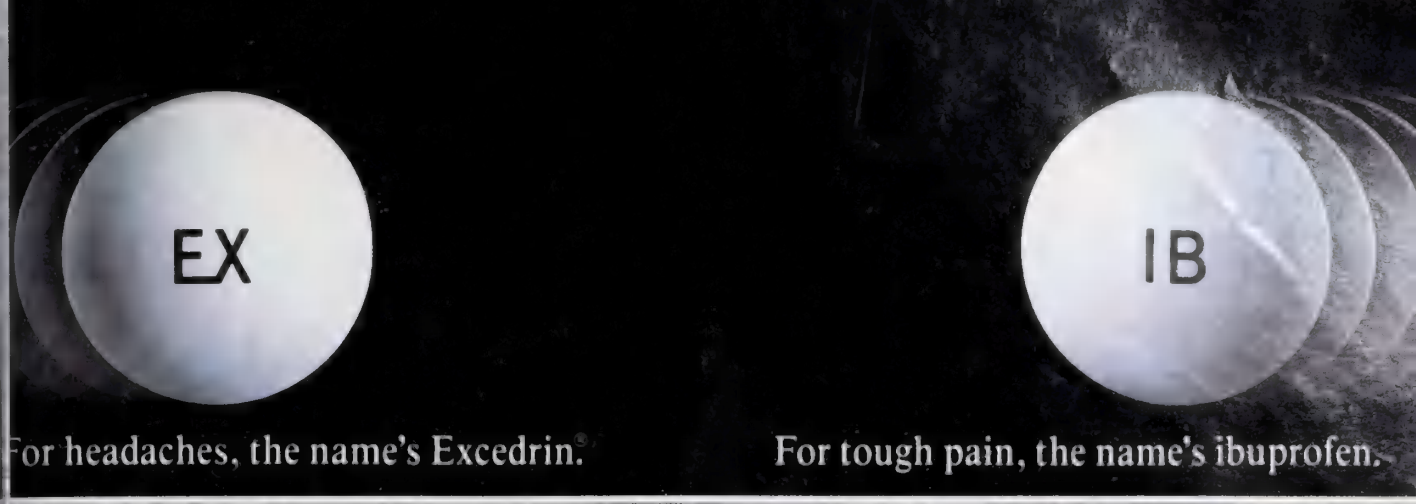
I'll never stop loving and missing Ryan, but he always wanted me to go on with my life—and I know he would have approved of my marriage. I feel as though he's up in heaven saying, "Mom, this one's for you!"

Ann Marie Cunningham is co-author of Ryan White's autobiography, "Ryan White: My Own Story," which is being published in paperback this month by New American Library.

For more information about the Ryan White Foundation, write: The Ryan White Foundation, P.O. Box 32, Carmel, IN 46032, or call 800-444-RYAN.

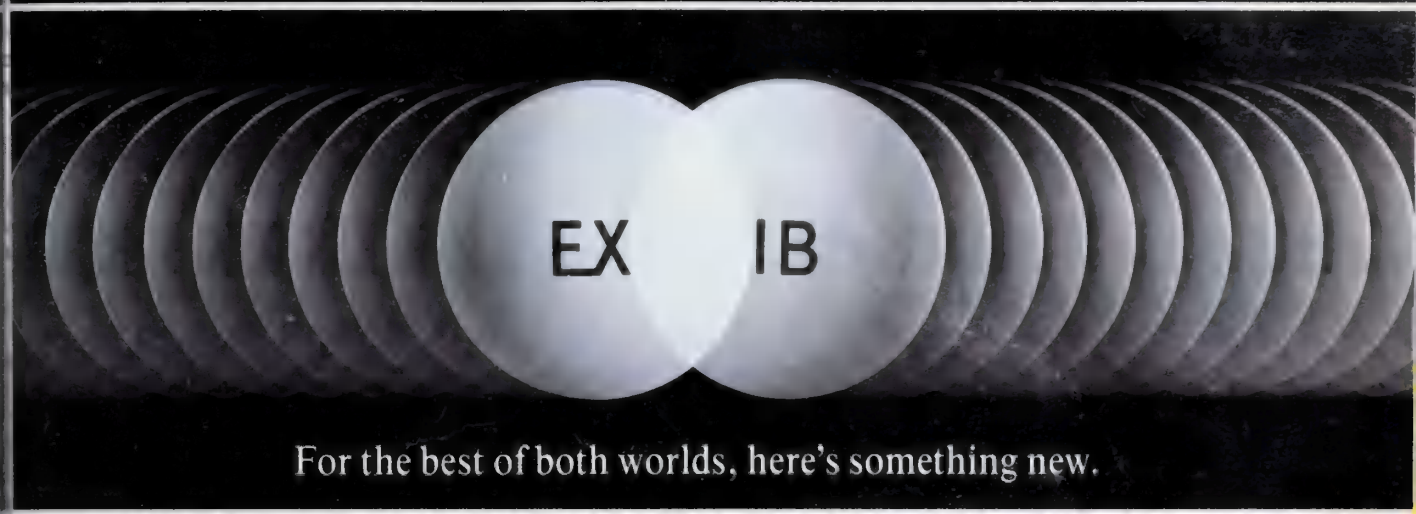
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The Journal will pay $750 for each article accepted for publication in the "A woman today" column. Manuscripts must be first-person accounts of actual dramatic events and should be 1,500 words, typed double-spaced and accompanied by a self-addressed, stamped envelope for return of the work. Please include your address and daytime phone number on the manuscript. Reply may take up to three months. Send stories to Box WT, Ladies' Home Journal, 100 Park Avenue, New York, NY 10017.

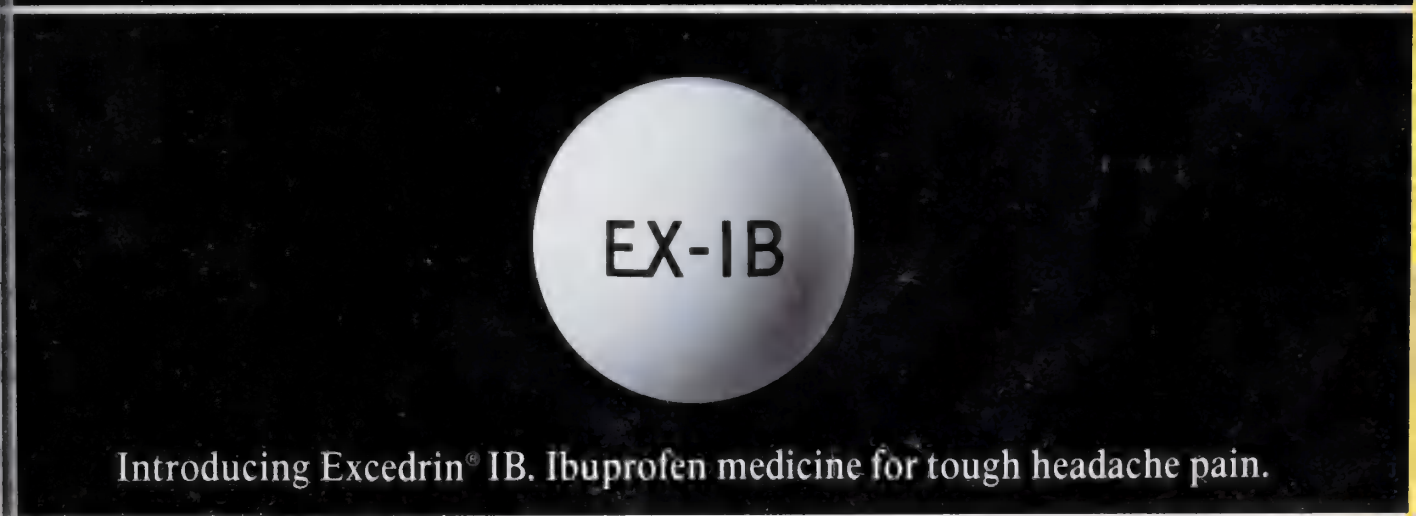


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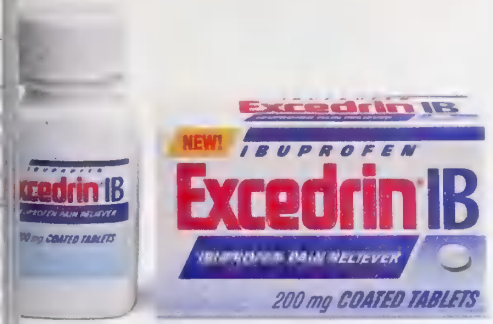
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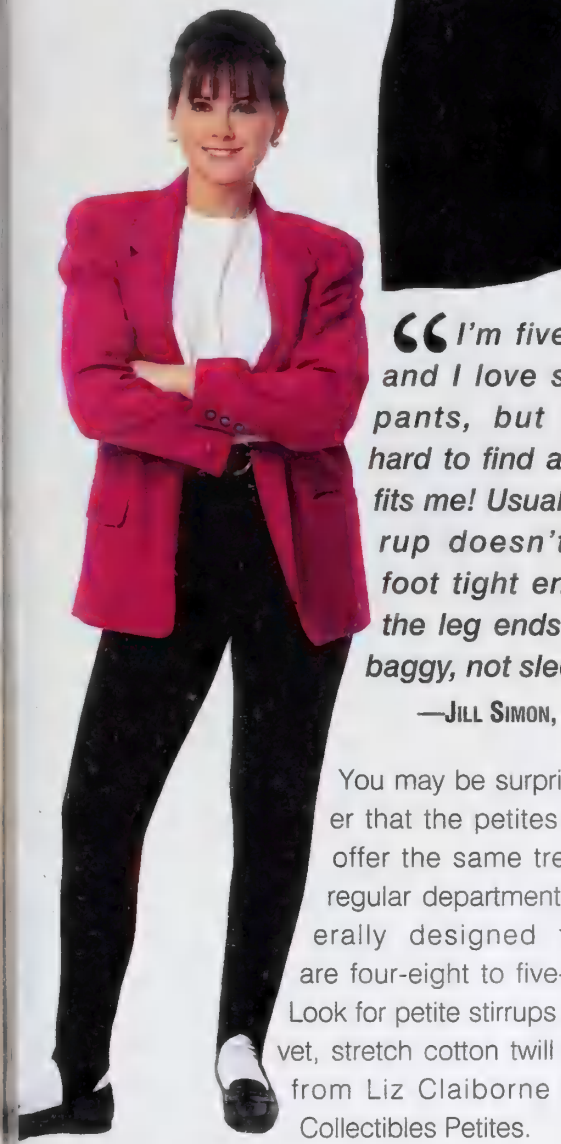
Shopping tips, skin-care secrets and lots more

SPECIAL REPORT:

Real women, *real* problems, *real* advice

THIS MONTH YOU'RE IN FOR A TREAT: WOMEN TOLD US WHAT *THEY* LOVE AND HATE ABOUT CLOTHING, MAKEUP AND SKIN CARE. THEY SHARED THEIR GRIPES AND GREAT IDEAS . . . AND EVEN TAUGHT US A THING OR TWO!

"What makes me mad about fashion?"





"I don't understand why each designer's size eight skirt fits me completely differently—sometimes I can wear a six, other times I need a ten."

—REBECCA WEINSTEIN, ATTORNEY

"Designers like to be independent as far as what a size six, eight or ten is," says Lenore Benson, executive director of the Fashion Group International. Our advice: Find a designer or two whose sizes suit your body and stick with them.

"I'm five-two, and I love stirrup pants, but it's so hard to find a pair that fits me! Usually the stirrup doesn't hug my foot tight enough and the leg ends up looking baggy, not sleek."

—JILL SIMON, ARTISTS' REP

You may be surprised to discover that the petites departments now offer the same trendy styles as the regular departments. Petites are generally designed for women who are four-eight to five-two, size 2 to 14. Look for petite stirrups for fall in Lycra velvet, stretch cotton twill and stretch denim from Liz Claiborne Petites and J.H. Collectibles Petites.

"I've noticed that shoulder pads are getting a lot smaller lately, but what do I do with all my jackets that have big pads?"

—MARJORIE WRIGHT, FILMMAKER

According to Robert Cos, design director for Evan-Picone, "A good tailor can replace large shoulder pads with smaller ones. The shoulder-line alterations will cost about $50, so you really have to decide whether the jacket is worth it. Or you could just wait out the trend—I hear that Armani has just made his shoulder pads bigger!"



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"I FEEL FAT"

WHAT DO YOU WEAR ON ONE OF *THOSE* DAYS? BELOW, POUND-PARING IDEAS

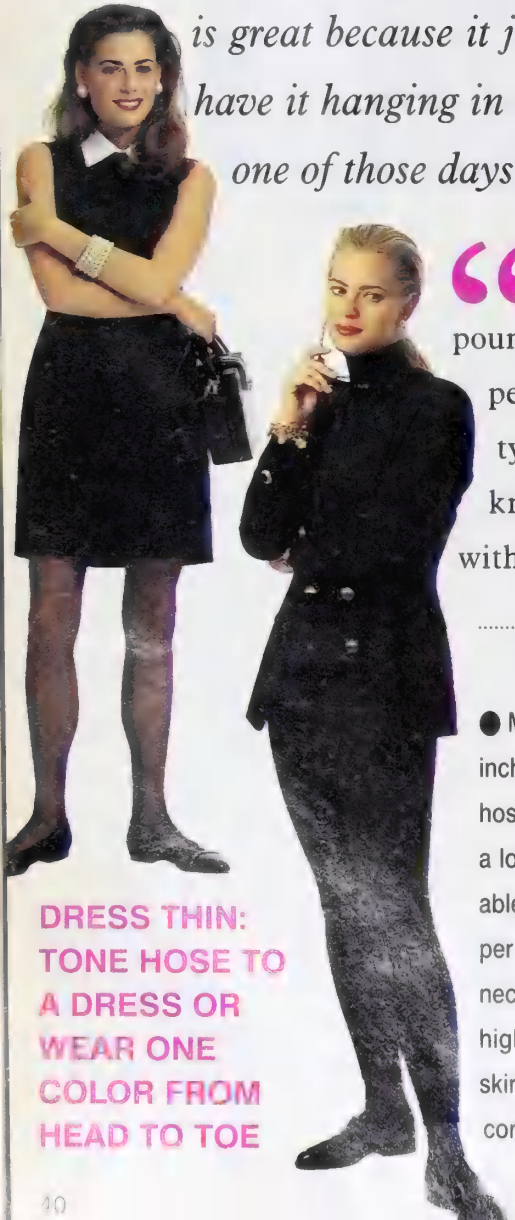


"I couldn't live without a long, oversize, boxy blazer. It's ideal for hiding *everything*! Underneath, I usually wear slim pants or a skirt with easy waistbands and something simple on top, like a T- shirt or a turtleneck."

—MIMI FIELD, ACCOUNT EXECUTIVE

"I put on something basic that I don't have to think about, usually a sheath dress with no waist in a solid, neutral color. I toss on a jacket if I need extra camouflage. A sheath is great because it just skims over my body. I always have it hanging in my closet, freshly dry-cleaned, for one of those days!"

—DONNA LOWRY, EXECUTIVE SECRETARY



"My weight can fluctuate five to ten pounds, usually before my period. To compensate, I have a wardrobe of black basics that are my security blanket! My husband calls this my 'Emma Peel look' and knows that when I'm in head-to-toe black I'm not happy with my weight."

—JANINE SCHWEITZER, POTTERY DESIGNER

DRESS THIN: TONE HOSE TO A DRESS OR WEAR ONE COLOR FROM HEAD TO TOE

STYLISTS' SOLUTIONS

● Match belts to skirts and trousers and keep them narrow, one to one-and-a-half inches. ● If you can't match hose and shoes to what you're wearing, at least keep hose and shoes dark—black works all the time. ● Count on tailored trousers with a loose, menswear look. Try a pair with a moderately wide leg in a fluid, comfortable fabric like lightweight wool, crepe or gabardine. ● If you strengthen your upper body, your waist and hips will appear narrow in comparison. Look for broad necklines, lapels, V-necks, and, of course, shoulder pads. ● What to avoid: very high waists, jodhpurs, wide-leg pants and light-colored pants, mid-calf-length skirts, big patterns like plaids and giant florals, heavily textured skirt fabrics like corduroy and tweed, clingy knits and flimsy fabrics.

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"I'd been driving my mother crazy all day.
So I figured I'd ease up for a while
and let her make herself comfortable."



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"You should see me when I wake up"

CLEVER WAYS TO GET IT TOGETHER WHEN YOU'D RATHER CRAWL BACK UNDER THE COVERS

"I take an extra-long shower, then pamper myself by slowing down, relaxing with a cup of tea, even wearing a special perfume. I also try to get to an exercise class. Exercising makes me feel so much better physically and psychologically." —SHARON DISICK ZAMBRELLI, P.R./MARKETING EXECUTIVE

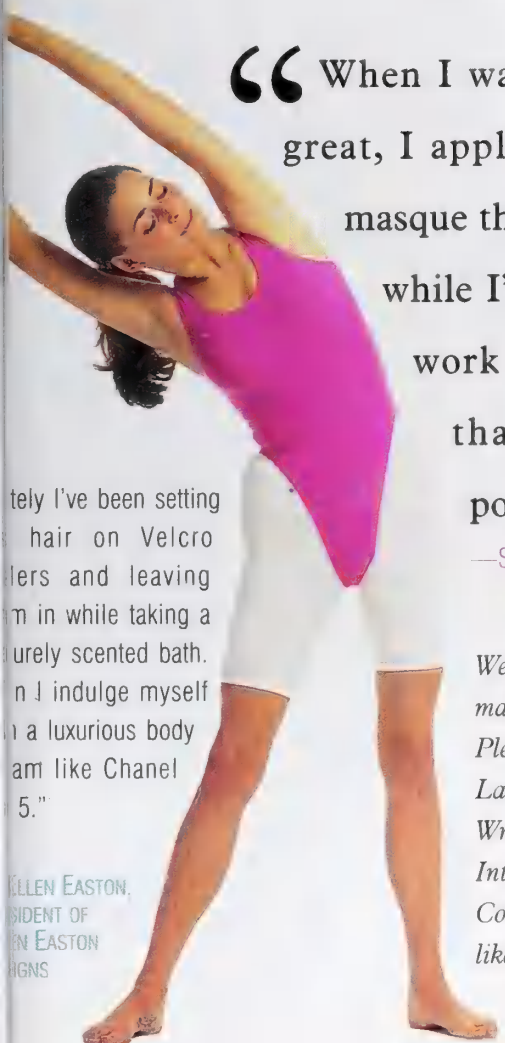
"The very first thing I do when I open my eyes is go to the refrigerator and stick my head in. No kidding! The cold air wakes me up. I keep two soup spoons in my refrigerator at all times to put over my eyes for a few minutes to reduce puffiness. Then I wash my face with a cleansing gel and rinse with ice-cold water. I use a lavender-and-rosemary bath gel in the shower—the ingredients have rejuvenating properties. Finally, I apply a tightening body contour gel that makes me feel thinner."

—LAUREL BLAIR, MARKETING COMMUNICATIONS EXECUTIVE



"When I wake up and my skin doesn't look great, I apply a ten-minute hydrating facial masque that plumps up lines, and leave it on while I'm showering—the steam makes it work even better. I wear less makeup than usual—creamy blush and no powder, for the freshest look."

—SANDY LITTMAN, PRESIDENT OF THE AMERICAN GLASSLIGHT COMPANY



tely I've been setting hair on Velcro lers and leaving m in while taking a urely scented bath. n I indulge myself a luxurious body am like Chanel 5."

ELLEN EASTON, SIDENT OF N EASTON IGNS

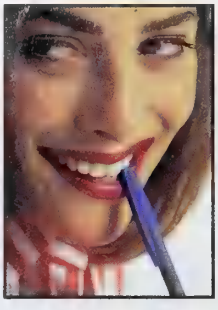
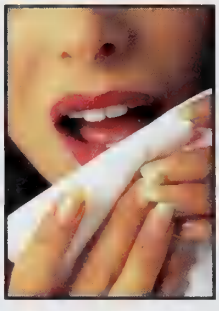
We rounded up a host of new A.M. skin treatments that make it easier to face the day. Great face firmers: L'Oréal Plénitude Firming Facial Serum with Liposomes and Lancôme Rénergie Double Performance Treatment Anti-Wrinkle and Firmness. To wake up eyes, try Almay A.M. Intensive Eye Treatment or Nivea Visage Liposome Eye Contour Gel. Hydrating masques are fast refreshers. We like Revlon Moon Drops Honey Masque.

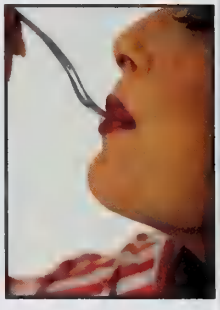
"Color really affects my mood. When I look or feel tired, I wear a bold red or pink blouse or jacket—it perks up my face instantly and brightens my spirits. I've also discovered that changing my hairstyle is an image booster."

"I want a red lipstick that lasts"

A sexy red lipstick brightens up your face faster than any other makeup—no wonder so many women are always searching for the perfect one. According to the women we talked to, a great red must be more than just a skin-flattering shade—texture, scent and endurance count, too. Below, three women road-test a few of the newest long-lasting reds





Max Factor Lasting Color Lipstick in Couture Red. **Tester:** Brigitte Grosjean, artists' rep

I love the matte feel of this lipstick. It stained my lips, which I liked because even when the lipstick faded, I still had color on my lips. I drank from cups all day, which caused the color to disappear from the middle of my lips, but that happens with many lipsticks. I touched it up a few times. It cleaned off easily; I didn't have to scrub the way I usually do with reds.

Cover Girl Continuous Color Lipstick in Really Red. **Tester:** Deborah Santemma, publicity manager

The bottom line is that this is a great lipstick! I applied it right before I left the house in the morning: I skipped the lipliner and applied the lipstick after powdering my lips. It stayed on through countless cups of coffee and cigarettes. I reapplied it after lunch. It never really faded in the afternoon but turned into a more matte finish.

Revlon Outrageous Lipcolor in Bravo Red. **Tester:** Karen Ross, fashion director

I wore this all day. It didn't bleed. It didn't smear. It literally didn't come off! I applied a concealer, then powder, then lipstick—this technique gives lipstick real staying power. I tested this one while I was in Florida. It was 90 degrees and the lipstick didn't melt—this is truly fantastic. The scent wasn't bad either, which is important to me, because I'm allergic to a lot of scented products.

The right red for you

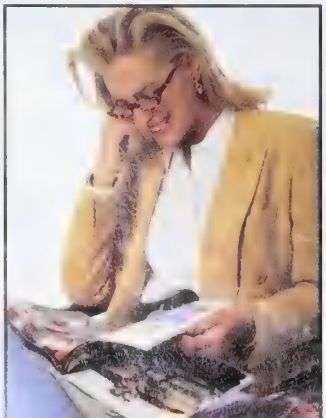
We asked makeup pro Bobbi Brown for tips: A red lipstick can be classified as orange, blue or brown. The orange-red tends to be a brighter shade, the blue-red a more classic shade, and the brown-red a more modern, natural shade. If your skin has yellow undertones, try an orange-red or a brown-red; if your skin has pink undertones, you'll look better in a blue-red. It really has a lot to do with your personal style, though, and whether you want a vivid or more natural-looking lip color.

"My best catalog buys"

Many women order catalog items that turn out to be their favorite piece of clothing! Here, a sample of best bets:

Donna Spad, teacher "My favorite buy was from the Victoria's Secret catalog, a black, form-fitting jersey dress. It was only $79, and I wear it all the time."

Phyllis Klein, public-relations executive "I have narrow feet, and most shoes in narrow widths are very expensive. But I found great, moderately priced narrow shoes from Spiegel! Also great: the G.H. Bass catalog. It has narrow espadrilles—nearly impossible to find!"



Diane Falcone, account executive "I ordered a beautiful honey-colored suede skirt from the Lew Magram catalog, a fabulous buy! The fit is great, and the suede is top quality."

Regina Kulik, vice-president of communications "My best buy was a black bathing suit with an underwire top and bikini bottom from J. Crew. I wore it all summer long."

Tammy Elowitz, teacher "I love the black ribbed cotton sweater dress I ordered from Tweeds. It's not really clingy and not too baggy."

Debbie Gregg-Bliss, president of a clothing company "The Victoria's Secret catalog is so beautiful that I always want to order lingerie! I look for unique pieces that I can't find in the stores."

J. Crew, 800-782-8244; Tweeds, 800-999-7997; Victoria's Secret, 800-888-8200; Spiegel, 800-345-4500; Lew Magram, 800-624-7267; G.H. Bass by Mail, 800-333-0386.


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"Peek-A-Whoo: Screech Owls"



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A word to the wise...
a Bradford Exchange recommendation



azing at their surroundings through enormous, wise-looking
es, three downy owlets venture from the nest for the first time.
nother—perhaps wiser—stays within the safety of the nest hole.
his rite of passage has been captured by artist Joe Thornbrugh
nd re-created in a fine-porcelain collector's plate. "Peek-A-Whoo:
reech Owls" is available now—and it looks like a smart buy.
ere's why it's a Bradford Exchange recommendation:

"Peek-A-Whoo: Screech Owls" is an important first issue, the
st plate in the Baby Owls of North America collection from
lwin M. Knowles China, an affiliate of the Bradford Exchange,
d sponsored by The Society for the Preservation of Birds of Prey.

It is an impressive work of art, created from an original work
award-winning wildlife artist Joe Thornbrugh. Attesting to
importance, each plate is accompanied by a Certificate of
uthenticity.

***"Peek-A-Whoo: Screech Owls" has the potential to appreciate
value,*** because the edition is limited to a maximum of 150
ing days. Once the edition closes, collectors' demand could
ceed the supply of plates and force asking prices up.

e Bradford Exchange . . . picking winners since 1973. World-
de, limited-edition plates are the *only* collectibles traded on an
ganized exchange. And with offices in the United States and twelve other countries, the Bradford Exchange is at the very heart of this exciting international market. That means Bradford analysts can often spot trends in the making.

If, for example, you had followed one of our major recommendations in 1986, you would have bought the first issue in the Knowles *Living With Nature: Jerner's Ducks* series, at $19.50 – a plate that last traded at $62.00*. More recently, if you had acquired "The Snowy Owl," an exceptional bird-theme plate from Knowles Stately Owls series, you would now own a plate that last traded at 174% of its 1989 issue price.

Like any marketplace subject to the laws of supply and demand, the plate market is constantly changing. Some exceptional plates appreciate in value; some plates go down, and many remain at or near issue price. But right now, Bradford Exchange analysts rate "Peek-A-Whoo: Screech Owls" as one of the year's top prospects...and we'll back up your purchase with our unconditional 365-day guarantee.

To acquire "Peek-A-Whoo: Screech Owls" at its $27.90 issue price—backed by our 365-day guarantee – simply fill out and mail the order form provided. *Send no money now.* You will be billed when your plate is shipped. But don't delay. The time to get "Peek-A-Whoo: Screech Owls" is now *before* it has a chance to increase in value.

*As cited in the Bradford Exchange Market Report, Vol. IV-1.

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Sex, death and face-lifts

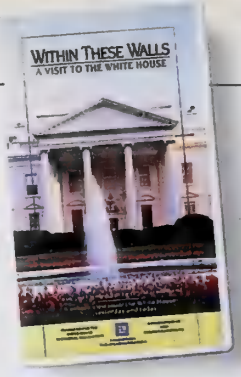
Since everyone in Hollywood is desperately seeking the fountain of youth, it's not surprising that someone finally made a movie about how far people will go to find it. Directed by Robert Zemeckis, *Death Becomes Her* stars Meryl Streep and Goldie Hawn as aging, narcissistic enemies vying for the attention of a gifted but goofy plastic surgeon (Bruce Willis). Deciding they need to look younger to win their man, both of them naively turn to the owner of a magic potion (Isabella Rossellini) that allows its imbibers to live forever.

According to director Zemeckis (*Back to the Future*, *Who Framed Roger Rabbit*), this campy black comedy (scheduled in theaters July 31) is "about vanity, greed, sex, money, death . . . and *incredible* face-lifts." To transform the stars, makeup and special-effects wizards used a combination of prosthetics and computer graphics—everyone spent between three and four hours a day in the makeup chair.

In order to look like a fat, middle-aged has-been, Hawn frequently donned a giant rubber suit to gain two hundred pounds. Meanwhile, to play a long-haired seventies hipster, the balding Willis spent more than a few weeks under a wig. Working hardest of all, however, was Meryl Streep. She had to lose forty-eight pounds left over from her recent pregnancy to get in shape for her part as a rejuvenated ingenue. Which just goes to show that the best way to look young may be the most traditional way after all. —MELANIE BERGER



DYING (TO BE) YOUNG: MERYL STREEP, BRUCE WILLIS AND GOLDIE HAWN (FROM LEFT)



Bring the White House home

Don't you think Hillary Clinton and Margot Perot would just love to get an up-close look at the White House? Well, now they—along with millions of other Americans—can do just that, with a new video offering a private tour of the nation's First Residence, *Within These Walls: A Visit to the White House*.

After a hearty welcome from Barbara Bush (the President adds a message at the end), you'll see all the public rooms in the house, as they are today and as they have looked at various points in their two-hundred-year history. However, viewers hoping to discover whether Mr. Bush remembers to put the cap back on the toothpaste will be disappointed; the Presidential living quarters remain private. *To order, contact your local video store or call QED Enterprises collect at 412-622-1307; $19.95 plus $3 shipping and handling. Proceeds go to the White House Historical Association.* —M.B.

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Elvis: fascinating facts

It's been fifteen years since the King died, but he lives on in the hearts of his fans. The author of *The World According to Elvis* (HarperCollins, 1992) offers his favorite trivia about this American icon:



FOREVER ELVIS: THE KING IN HIS YOUNGER DAYS

● At the moment of his death, on August 16, 1977, Elvis was reading *A Scientific Search for the Face of Jesus*, by Frank Adams, a book about the Shroud of Turin.

● Elvis's last words were, "Okay, I won't." He said them to girlfriend Ginger Alden, who had warned him not to fall asleep in his Graceland bathroom.

● Elvis's hobby was collecting badges. One of his proudest possessions was a Narcotics Bureau badge—given to him in 1970 by President Richard Nixon.

● While Elvis was alive, the revenues of his record sales, concerts and thirty-one films totaled $18 *billion*. Today, his estate earns an average of $15 million a year.

● As a teenager, one of Elvis's singing idols was Dean Martin.

● Elvis got his first guitar from his mother, Gladys, for his eleventh birthday. Elvis was disappointed; he was expecting a bicycle.

● Elvis won just three Grammy Awards—all of them for *religious* recordings.

● Elvis didn't mind paying taxes and, indeed, allowed the IRS to compute what he owed them.

● As a boy, Elvis's nickname was Elvy, which he detested.

● Elvis wanted to marry his high school sweetheart, Dixie Locke, but she didn't want to be tied down to someone who was always on the road.

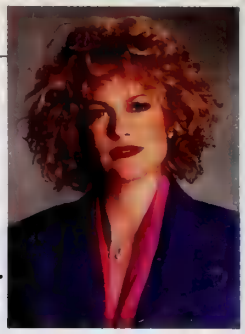
● A few hours before he died, Elvis tried—and failed—to round up a print of the hot new film *Star Wars* for a screening at Graceland. —JEFF ROVIN





ELVIS THROUGH THE YEARS: THE KING AND HIS YOUNG BRIDE, PRISCILLA, POSE FOR THE CAMERAS WITH THEIR NEW BABY, LISA MARIE; THE SINGER AS A VEGAS ENTERTAINER

STRANGER THAN *PARADISE*



Melanie Griffith, who has played everything from a funky temptress in *Something Wild* to a homespun housewife in *Paradise*, is taking on her toughest assignment to date: a streetwise, undercover cop who infiltrates New York's close-knit Hasidic community—a Jewish sect that leads a remarkably strict, insulated lifestyle. In *Stranger Among Us*, due in theaters July 17, Griffith sets



out to solve the murder of a young Jewish man and recover three quarters of a million dollars in missing diamonds. At first mystified by the unfamiliar ways of the Hasidim, she slowly comes to appreciate them—and rediscovers a sense of spirituality and compassion she thought she had lost forever. If it's a hit, *Stranger Among Us* may do for the Hasidim what *Witness* did for the Amish—provide a rare look at an often misunderstood community. —M.B.



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Let's face it, you have to cross a lot of bridges in life. But this shouldn't be one of them.

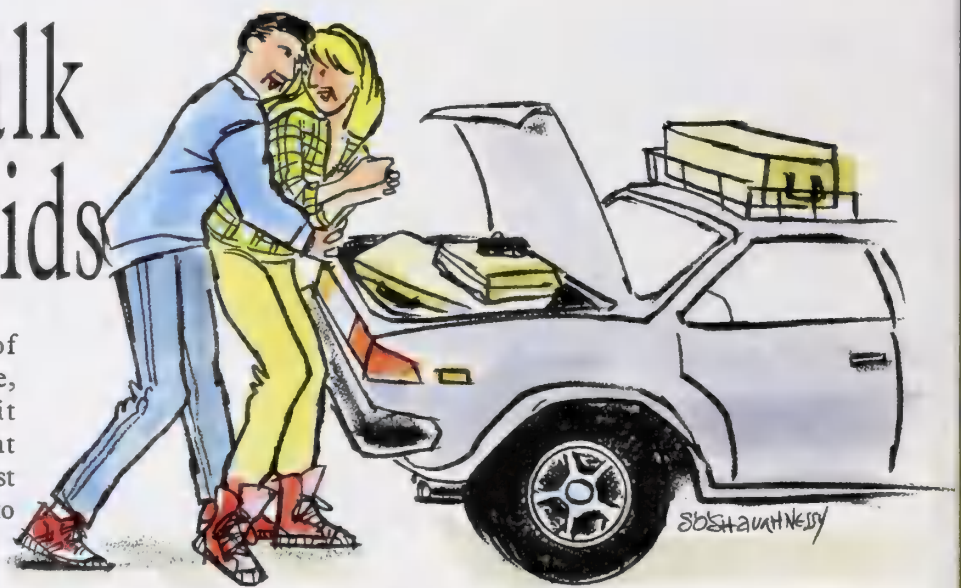
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What every parent needs to know . . . but no one ever tells you

When a couple have children, everything in their relationship changes—drastically. But while new parents expect to lament—sometimes even joke about—the loss of sleep and of spontaneity in lovemaking, most don't realize how deeply having kids affects the way they view themselves, their spouse, even their own parents. We think it's time, now, to think about you

We only talk about the kids



Carmen McCaw, of Garden Ridge, Texas, realized it the Saturday night she and John, her husband of almost fourteen years, finally arranged to have a quiet, romantic dinner at their favorite Italian restaurant.

"There we were, at last taking time for us, and it dawned on me that we were continuing the same old conversations we'd been having, day after day, at home," says Carmen, forty. "No matter what we started talking about, somehow the conversation always veered back to the kids. It made me sad. What happened to *us*?"

John, forty-two, who runs his own pension-consulting business, was more mad than sad. He couldn't understand why Carmen was so obsessed with the children.

Tip #1: Get going—à deux

"They're eleven, ten and eight, and John would complain that I could make a month's worth of conversation about the littlest things that happened to them," recalls Carmen.

How much time a couple spend talking about the kids is often cyclical. New parents, mothers especially, feel an all-consuming romance with their children and can think of or discuss little else (with the possible exception of how sleep-deprived they are). Remembering that they were lovers before they were parents can be difficult.

But while a certain amount of obsessive talking about your children is perfectly natural—more so at some times during your marriage than others—too *(continued)*

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And all three formulas now have beta carotene.

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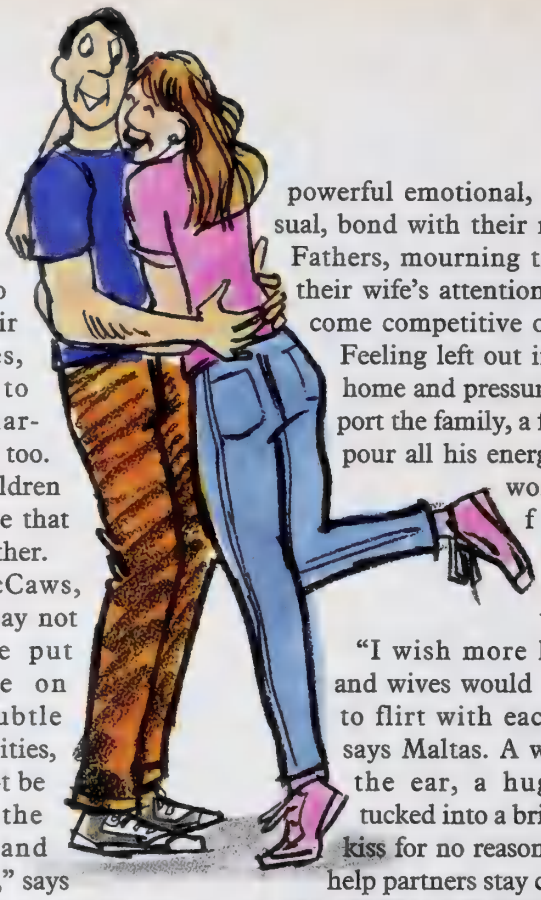
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Tip #2: Give your honey a playful hug



(continued) much too often at *any* stage should be a signal that your priorities need a slight adjustment, notes Carolyn Pape Cowan, Ph.D., a research psychologist at the University of California at Berkeley, who, with her husband, Philip Cowan, Ph.D., a professor of psychology at the University of California at Berkeley, has just completed a ten-year study of the effect children have on marriages.

"Our rule is that if it's a problem for one person, then—at least for the moment—it becomes a problem for both," says Pape Cowan, co-author with her husband of *When Partners Become Parents: The Big Life Change for Couples* (Basic Books, 1992). As soon as one of you starts to feel ignored, it's critical to take stock.

"If the conversation always focuses on the children, it may be an excuse not to talk about what you really should be talking about," adds Carolynn Maltas, Ph.D., co-director of the McLean Institute for Couples and Families and instructor of pyschology at Harvard University. When a couple have trouble communicating honestly about their needs or problems, discussions about children may reflect their own conflicts.

"The mother who yells at her husband for not spending enough time with the kids—when she's really upset because he never has time for her—may be using the kids to avoid talking about marital intimacy," says Maltas.

Another warning sign that you may be spending too much time talking about your children is evident when you start to see each other as parents only. While our grandparents may have referred to each other as Ma and Pa, couples today expect more. But some parents become so involved in their children's lives, they forget to make their marriage a priority, too. In time, the children are the only glue that holds them together.

Like the McCaws, these couples may not realize they've put their marriage on hold. "It's a subtle shifting of priorities, one they may not be aware of until the kids are older and out of the house," says Maltas. Sometimes, mid-life markers—like a fortieth birthday or a child's high school graduation—are a rude awakening. "One or both partners think, This is the prime of my life, so why am I so lonely? Who is this stranger sitting with me at the breakfast table?"

Many couples, however, do manage to stay loving partners as well as parents. What's their secret? The key seems to lie in striking a balance between your growth as a couple and the demands of your family. Try this five-point plan:

1. PAY ATTENTION TO EACH OTHER. While parents may shower love and attention on the kids, many unwittingly stop being affectionate toward each other. Maltas has even found that some couples complain that each of them has a more intense relationship with their children than they do with each other.

In a way, mothers are more buffered from the loss of attention and nurturing than fathers, who generally have fewer friends or close relationships to rely on. What's more, many mothers feel a powerful emotional, even sensual, bond with their new baby. Fathers, mourning the loss of their wife's attention, may become competitive or critical. Feeling left out in his own home and pressured to support the family, a father may pour all his energy into his work, which further strains the relationship.

"I wish more husbands and wives would learn how to flirt with each other," says Maltas. A whisper in the ear, a hug, a note tucked into a briefcase or a kiss for no reason at all can help partners stay connected.

2. BE GOOD TO YOURSELF. "What parents do directly for or with their kids is only part of what it takes to create a healthy, happy family," says Philip Cowan. Parents also need to concentrate on themselves, their work, their friendships.

Of course, trying to do that can be a double whammy for working parents. When you're away all day, you feel guilty taking time for yourself or for your marriage. But experts insist it's better for parents as well as kids if you do. A night out or a weekend away is ideal, but if time or money is an issue, go out for breakfast, lunch or even a cup of coffee. Instead of watching the news from eleven to eleven-thirty, watch the first five minutes, then turn off the set and talk or just lie in bed together until you fall asleep. A telephone call in the middle of the afternoon, just to touch base, also acknowledges that both of you understand the difficulties you're experiencing, miss each other and want to reconnect.

3. NURTURE GRATITUDE. Instead of thinking about all the things your partner *(continued)*

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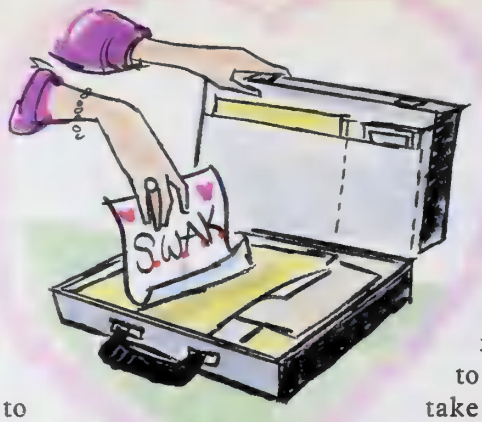


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Tip #3: Treasure the unexpected

(continued) doesn't do, think about the things he does do. "Married couples may think it's not necessary to compliment or appreciate the little things," adds Pape Cowan. "They feel they've said them all before, or that there are so many other more pressing things to talk about now." Yet it's important not to lose sight of the things you cherish about each other.

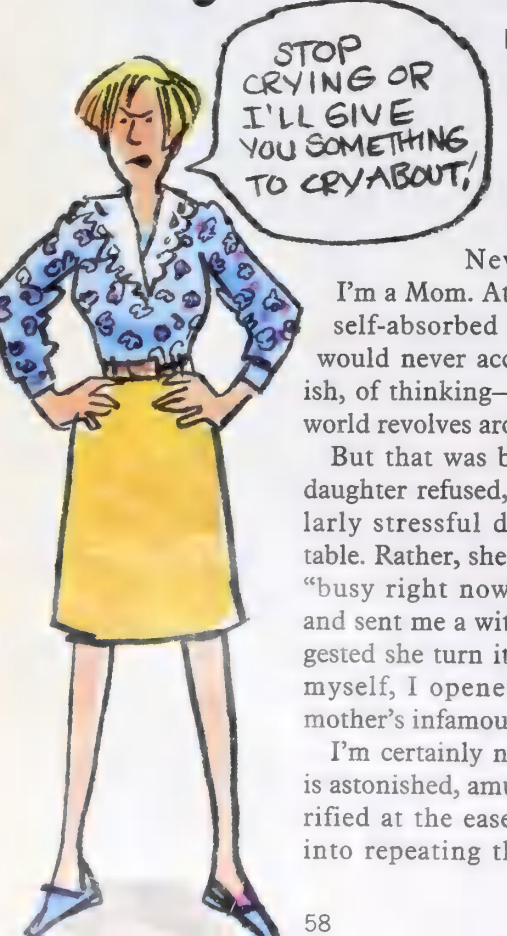
4. TALK TO OTHERS. Today's parents often feel isolated. One way around that is to talk to others—friends, trusted co-workers, your minister or rabbi, even a mental-health professional.

5. FIND WAYS TO PLAY AGAIN. When parents are overworked and overstressed, the needs of the spouse begin to feel like just one more burden. "No one wants to have to work at their job and work at their marriage when they're drained and depleted already," says Maltas. "Couples must give themselves permission to play." Think about it: One of the reasons you love talking to and being with your kids is because they can be so much fun. They laugh, tell silly jokes, share new experiences and dream about the future. When was the last time you did that with your spouse?

The McCaws made a promise to each other to take regular trips away from the children. "We're lucky to have grandparents nearby who love being with the kids and don't mind watching them for a long weekend or even a week," says Carmen, who recently went back to work full-time as a school nurse. "We have a ball, going up to Salt Lake City to visit with friends. That's when we replenish ourselves and remember the way we were."

—MARGERY D. ROSEN

Ohmigosh . . . I sound just like my mother!



HORRIFIED? IT HAPPENS TO THE BEST OF US

I swore it would never happen to me.

Like all kids, I grew up with a list in my head of Things I Will Never—Ever—Do When I'm a Mom. At the top: No matter how self-absorbed my children became, I would never accuse them of being selfish, of thinking—and I quote—"that the world revolves around you."

But that was before my nine-year-old daughter refused, at the end of a particularly stressful day, to help me set the table. Rather, she announced that she was "busy right now" watching *Full House* and sent me a withering look when I suggested she turn it off. Before I could stop myself, I opened my mouth—and my mother's infamous words came out.

I'm certainly not the only mother who is astonished, amused and sometimes horrified at the ease with which I can slip into repeating the words and actions I dreaded when I was younger. Amy Gordon, an urban planner in Chicago, remembers being shocked when she found herself warning her then–five-year-old daughter, Molly, "If you don't stop crying right now, I'm going to give you something to cry about." Tina Jupiter, Ph.D., assistant professor of audiology at St. John's University, in Queens, New York, always resented the pressure her parents put on her to excel in school; yet when her older daughter, Marisa, reported that she got a 92 on a social studies exam—the second highest mark in the class—"I actually asked her, 'Why not one hundred?' "

A LEGACY OF EMOTIONAL HURTS

Whether it's the actual words we use or the attitudes and behaviors behind those words, we all inherit from our own parents a legacy of unresolved issues that we play—and replay—with our kids.

"Parenting can be a very hard, humbling experience," says *(continued)*

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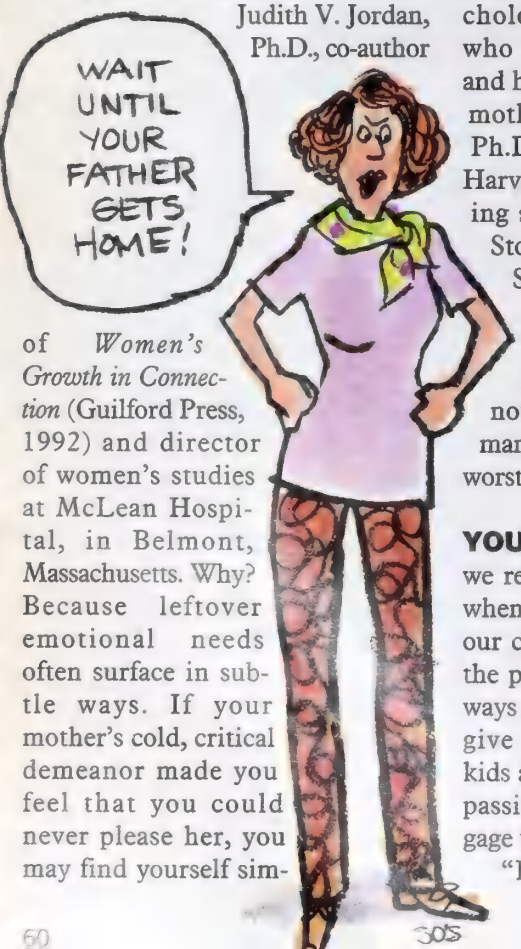
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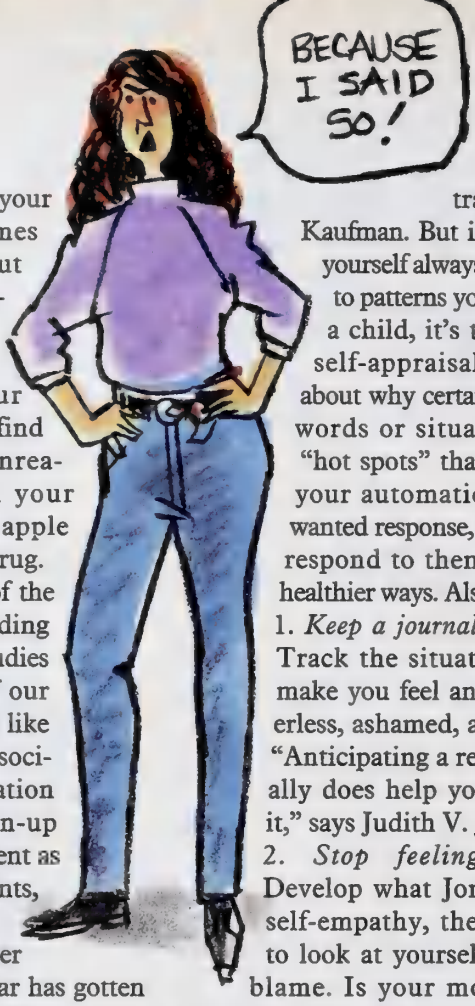
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(continued) Diane L. Kaufman, M.D., assistant professor of clinical psychiatry and pediatrics at the University of Medicine and Dentistry of New Jersey, in Newark. "Sometimes you have to trudge down the road before you know how rocky it is."

But why do we fall into patterns we're trying so hard to avoid? "Certain situations trigger old feelings we may have experienced as a child," explains Kaufman. "When these 'hot buttons' get pushed, even though the circumstances are different, we react the way we did back then. Without realizing it, we're trying to re-create the emotional climate of our childhood, so we can figure out a better way to handle a difficult situation." Also, since we learn to parent by watching the adults who raised us, the way they did it becomes the foundation of the way we do it.

The power of this legacy catches many parents off guard, notes Judith V. Jordan, Ph.D., co-author of *Women's Growth in Connection* (Guilford Press, 1992) and director of women's studies at McLean Hospital, in Belmont, Massachusetts. Why? Because leftover emotional needs often surface in subtle ways. If your mother's cold, critical demeanor made you feel that you could never please her, you may find yourself similarly wounded when your teenage daughter comes home, ignores you, but spends two hours talking on the phone. If your baby brother always messed up your schoolwork, you may find yourself becoming unreasonably upset when your three-year-old spills apple juice on your Oriental rug.

Interestingly, some of the newest research by leading scholars in women's studies suggests that much of our anxiety about sounding like Mom may stem from society's subtle indoctrination that to be truly grown-up you have to be as different as possible from your parents, especially your mother.

"The mother-daughter relationship in particular has gotten very bad press from traditional psychological theories and the men who make most of those theories and have their own issues with their mothers," argues Irene P. Stiver, Ph.D., a lecturer in psychiatry at Harvard Medical School and visiting scholar at Wellesley College's Stone Center for Developmental Services and Studies. "There is a long history of blaming the mother for a host of developmental failures in children," notes Stiver, "which is why, for many people, to be like Mom is the worst fate imaginable."

YOUR HOT SPOTS Most often, we remind ourselves of our parents when we're arguing or fighting with our children—and that compounds the problem. However, if you're always reacting to old hurts, you don't give your relationship with your kids a chance to grow. And you risk passing along that emotional baggage to yet another generation.

"It's normal to fall into old traps," says Kaufman. But if you find yourself always resorting to patterns you hated as a child, it's time for a self-appraisal. Think about why certain actions, words or situations are "hot spots" that provoke your automatic but unwanted response, and try to respond to them in new, healthier ways. Also:

1. *Keep a journal or diary.* Track the situations that make you feel angry, powerless, ashamed, and so on. "Anticipating a reaction really does help you control it," says Judith V. Jordan.

2. *Stop feeling guilty.* Develop what Jordan calls self-empathy, the capacity to look at yourself without blame. Is your mother the only mother who ever lost her temper? Are you the only one who does now?

3. *Instead of willing yourself to be different from your mother, concentrate on her strengths.* What did you learn from your mother that you appreciate and can pass along to your children? "There certainly are abusive relationships that must never be repeated," says Jordan. "But most of us, if we allow ourselves, can also think of positive attributes our parents represented."

4. *Try to develop compassion for your mother.* "Put her into some historical perspective, so you can better understand why she was the way she was," says Stiver. "Was she a single parent? Was money tight?

5. *Stop labeling your children.* Labels can be limiting—and they have a way of sticking: The Smart One, The Selfish One, The Good Girl, The Baby. "In a healthy family, each person is allowed to grow and change," says Kaufman. "In a dysfunctional family, they aren't."—M.D.R.

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How to remap your life

With almost four million Americans turning forty this year, counselors and psychologists around the country have developed new strategies for beating the mid-life blues. One is Frederick Hudson, Ph.D., founder of the Hudson Institute of Santa Barbara, a center in California that teaches people how to make substantive changes in their lives. Hudson calls his solution to the age-old problem "remapping your life."



Hudson uses what he calls seven "life maps" (which are actually closer to checklists) to help people determine their desires, passions and goals. Once his clients know what they want, Hudson says, they're much better equipped to get it.

To use his technique, look at each of the following categories and write down your current status and where you want to be in five years. Then outline a plan to get you there.

THE CYCLE OF CHANGE Are you in a period of stability or flux? If you want—or need—to make a change, decide what you want that change to be. If you feel stuck in a rut, concentrate on how you can break free.

FINDING YOUR PASSION Hudson lists six main passions, or motivators, in people's lives: a sense of self; intimacy; achievement; the search for meaning; creativity and play; and compassion. Determine which are relevant now, and which you hope will be relevant in the future.

PERSONAL RELATIONSHIPS Our lives are interwoven with those of family, friends, co-workers, as well as the environments in which we live. Decide which matter most to you.

OBSTACLES AND THREATS What fears and frustrations are getting in the way of a better life for you? How can you overcome them?

THE LIFE CYCLE Hudson believes everyone goes through at least six life cycles: staking out the adult world, making it, taking charge of our lives, enjoying life through our relationships with others, beginning again, and living through our memories. Determine which phase you're in now, and which phase you want to be in five years from now.

LIFE SKILLS Figure out what skills you need in order to get where you're going—and then find out how and where you can acquire them.

INVENTING YOUR FUTURE Designing your future involves two steps—dreaming and planning. "The dream comes first," says Hudson. "Reality chases after the dream, to make it happen." —MELANIE BERGER

HIS-AND-HERS EMOTIONS

The old adage that men are more self-centered than women may be true—right down to the way they perceive emotions, according to a new study.

While both sexes assess how they feel by instantaneously processing both internal and external cues, men and women do this differently, say researchers James W. Pennebaker, Ph.D., a professor of psychology at Southern Methodist University, and Tomi-Ann Roberts, Ph.D., of Brigham Young University. Men rely on signals from their bodies—such as a racing pulse or tense muscles—to tell them what they are feeling. Women, on the other hand, look to things around them—the situation itself, or how others are acting—to figure out their inner state.

What accounts for the difference? According to researchers, one explanation is that the nerve pathways that connect the two sides of the brain are larger in women. This may mean that women are better than men at integrating information to determine emotions. Another possible cause is the lower social status of women, which makes it more important for them to be sensitive to the emotional cues of others, especially men.

—NADIA ZONIS

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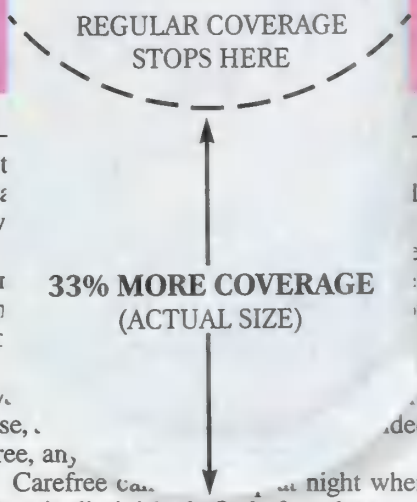
Now Carefree goes to even greater ngths to shield more of your pant- s with 33% more panty shield than 's ever had before. Which makes arefree Longs the longest panty ields of them all.

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When you know all the reasons why omen use panty shields it's easy to see hy more women around the world noose one in particular. Along with the bvious reasons, comfort, convenience nd portability feature high on the list f attributes that this panty shield rovides. It's called Carefree and it omes in a regular and a new longer ngth. In its regular length it's available olded and discreetly placed in a tiny retty pink pouch. Carefree even offers anty shields made with baking soda side to help keep you extra fresh vailable in Unscented or Deodorant).

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Sometimes during menstruation if ou use a tampon you may need a panty ield for a little back-up protection. At

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Carefree ca... ...t night when flow is diminished. Or before the onset of your period. As insurance against any "surprises." But menstruation is not the only reason for panty shields. We can all get a little discharge from time to time, and as common and normal an occurrence as it is, a panty shield can help shield even your prettiest, most fragile panties from the resulting stains or odor.

During, and even after pregnancy, it's normal for discharge to increase. And by regular changes of panty shields throughout the day, you can feel fresh again, anytime you like.

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And, for those of you who prefer it, Carefree just introduced their new longer panty shields to provide more coverage than ever. In fact, they are the longest panty shields on the market and a marvelous help even if, like most women, you're always on the go. You see, some smaller panty shields can shift over time and leave your pretty panties unprotected when your busy day really gets going. That's less likely with Carefree's new longer panty shield.

If you're athletic, or just like to work out a little once in a while, panty shields can also help absorb sweat and odor and are easier to carry with you than a change of underwear. A small discreet pouch with its tiny folded regular Carefree inside will easily fit anywhere. Go anywhere. And talking of fitting anywhere, after use, it can be folded and replaced in its pouch and discarded in any waste bin without subjecting you to embarrassment.

It's an easy and convenient way to feel clean, fresh and comfortable anytime

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Traveling together

WHETHER IT'S A ROMANTIC GETAWAY FOR JUST THE TWO OF YOU OR A FAMILY VACATION WITH THE KIDS, HERE'S HOW TO MAKE YOUR HOLIDAYS HAPPIER

You've looked forward to your vacation all year. But instead of relaxation, you and your husband have a two-week argument. "It's actually common to experience unusual amounts of tension while on vacation," says Catherine Johnson,



Ph.D., author of *Lucky in Love* (Viking Penguin, 1992). "Vacation disrupts our everyday patterns, and that often leads to feelings of frustration."

How can you prevent holiday horrors? "It's important to be patient and maintain a routine while traveling," says Johnson. Other tips:

•*Pick the right place.* If his hobby is golf and yours is exploring architecture, compromise by finding a place that provides both.

•*Plan your trip together.* Study the history of your destination or share a travel book about it. If it's a family vacation, let the kids pick some of the sights to see.

•*Discuss money matters before you leave home.* To head off arguments, decide beforehand how much money to bring, how to spend it, which credit cards to use, and so on.

•*Share a vacation project.* Take a scuba class together, go hiking or make a video of your travels. You'll find that a shared endeavor creates a bond for the whole family.

•*Be realistic.* Nonstop fun is impossible. Lower your expectations, and you'll feel less pressured to make every moment perfect.

•*Give each other some space.* If your husband wants to go deep-sea fishing, you can take the kids swimming or to the zoo. Later, if you want to visit a museum, he can return the favor.

•*Make time for romance.* If you're traveling with the children, schedule some time alone. Hire a sitter and go out for a romantic dinner. If it's just the two of you, surprise him with a sunset sail.

•*Be considerate.* As always, simple kindness goes a long way. If he forgets to bring the sleeping bags for your camping trip, don't fly into a rage. It could just as easily have been you who made the blunder. Chances are you'll laugh about it—someday. —MARCIA VICKERS

EDITOR-TESTED *diet* TIPS

JOURNAL STAFFERS SHARE THEIR TOP STRATEGIES FOR LOSING WEIGHT AND—HARDER YET—KEEPING IT OFF



■ Buy a full-length mirror and look in it every morning before you get dressed. It reveals everything, so you can't fool yourself about your weight. ■ Keep busy during prime snacking time—midafternoon, at night. Do a crossword puzzle, knit, write a letter to a friend. I find that if I'm concentrating on something else, I don't think about food. **—Shana Aborn, associate editor, who's on a diet now, wants to lose ten more pounds before her wedding this fall.**

■ I keep a diary of everything I eat. It forces me to concentrate on every bite. ■ Cut up lots of vegetables and store them in plastic bags. Try some new ones: tiny raw string beans, sugarsnap peas. Eat lots of popcorn, *sans* butter. It tastes good, it's filling and it's full of fiber. **—Melanie Berger, assistant editor, went to a dietitian to develop good eating habits.**



■ On the weekend, when you're most likely to overeat, wear tight jeans. It will literally be uncomfortable to eat too much. ■ Weigh yourself every day. That way you can make sure you're not gaining weight—and you can battle any extra pounds right away. **—Lynn Prowitt, assistant editor, is trying to maintain the weight she's at now.**



■ Practice visualization. Picture that hot fudge sundae or those onion rings going straight to your hips (which is where they'll end up anyway). ■ Diet with a friend. It helps to have someone to commiserate with, and since neither of you wants to be the first to cheat—or, heaven forbid, *gain* any weight—you'll stick with it longer. **—Pam Guthrie O'Brien, features editor, is trying to lose five pounds.**



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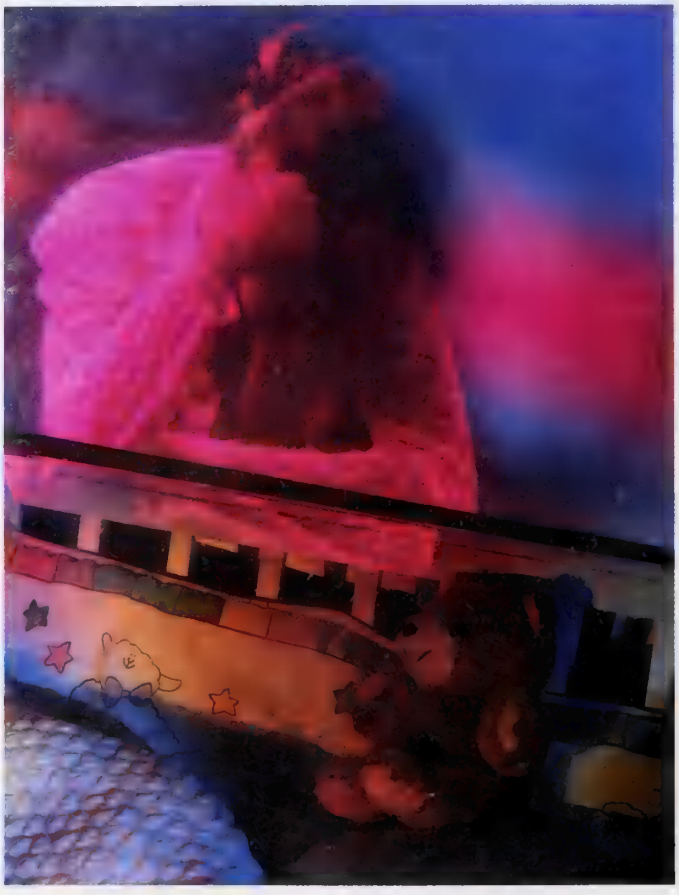
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Frank talk about the most intimate aspects of our lives

"I had my lover's child"

You may think this sort of thing happens only in romance novels—but I live with a secret that my husband must never know



To the outside world, we appear to be the ideal family: a loving couple, two wonderful children, a stable middle-class life. What no one knows—not even my husband—is that he's not the father of our three-year-old daughter.

My husband and I met in high school and married in 1978, when I was eighteen. When our son was born four years later, I became an at-home mother. Randy and I love each other, but we know now that we married too young. We never had the chance to grow up first and really get to know each other.

If we had waited to marry, I might have discovered earlier that my husband and I couldn't communicate about important subjects. That fact hit home eight years ago, when painful memories began to resurface unexpectedly. As a child, I had been molested by an uncle, and like many incest survivors, I had blocked out the incidents for years. In order to cope with the sudden flood of emotions, I needed to talk about them.

I went to a therapist, yet it didn't seem enough. I wanted Randy's support. But he'd had a happy, loving childhood, and he couldn't understand my anguish. He refused to let me discuss my past. Impatiently, he'd say, "It's over now. Forget about it and get on with your life." Instead of arguing or pressing the issue, I kept quiet, unhappy that I couldn't talk to my own husband.

In my spare time, I performed in a pop-music band in our community. In 1986, a man named Eric—about my age and very attractive—joined our group. We conversed during our breaks and soon became friends. He was so easy to talk to, and we shared the same opinions on important issues. His personal life was even similar to mine: He loved his two children, but he had an unsatisfying marriage.

One day, we were discussing a news story on day-care workers accused of abusing the children in their charge. Eric said, "This is disturbing you on a personal level, isn't it?" Shocked at his perceptiveness, I told him about my past. He listened sympathetically, then admitted that he, too, had been an abused child. At last, I could open my heart to someone who understood. *(continued)*

Something to digest before you digest another glass of Metamucil.

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creates bulk. That bulk in turn creates pressure against the intestinal wall which then triggers movement.

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And not only does CITRUCEL taste better, it's easier on your digestive system. Metamucil is made from psyllium seed, which can cause allergic reactions, gas and cramping. CITRUCEL, on the other hand, is made from an ultra-pure plant fiber that's nonallergenic and less likely to result in unpleasant side effects like gas and cramping.

The taste of CITRUCEL makes getting fiber into your diet easy. And it's every bit as effective as any bulk fiber. So instead of digesting more gritty-tasting Metamucil, try CITRUCEL. For more information about CITRUCEL, talk to your doctor. Or call us at 1-800-453-4865. Also available in sugar free.

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Eric and I began to meet outside of band practice; when the group broke up in 1987, we continued to see each other several times a week, just to talk. Eric's night job made it easy for him to meet for lunch or a walk in the park while his wife went shopping. Sometimes I invited him to my house while my five-year-old son was in school.

Within a few months, Eric and I had fallen in love. At first, we limited our shows of affection to hugs and kisses, but the chemistry was so strong between us that it was only a matter of time before things became more serious. One year after our first meeting, we made love. Our bond as soul mates was complete.

The last thing I wanted to do was to hurt Randy, but I honestly didn't feel guilty about having an affair. If anything, I felt I deserved this. For years, I'd been an ideal housewife and mother—and still was—yet despite my efforts, my husband didn't fulfill my emotional needs. Eric was the reward for my sacrifices. He gave me the intimacy and strength my husband couldn't supply.

I was careful to keep Randy from suspecting anything, and he never did. I continued to support him and be available for him. We still had an active sex life, though my heart wasn't in it.

My one regret was that Eric and I didn't use birth control. Weren't we foolish? I just didn't think anything would happen. In the six years since my son was born, I'd had two miscarriages, and my gynecologist had told me I might never be able to carry another child to term. I still hoped to have a second baby with Randy, though, so I charted my ovulation cycle and didn't use contraceptives.

Then the weight of the whole world crashed on me. In 1988, a year after the affair began, I discovered I was pregnant. I checked my calendar and saw that I hadn't had sex with my husband at the time I had probably conceived. Eric had to be the father.

Torn and distraught, I had to make some very difficult choices quickly. First, I told Eric about the baby. His joy, like mine, was mingled with sorrow because there would be no easy answers for us.

We talked for hours, exploring every option. Abortion seemed the easiest way out, but I felt that terminating the pregnancy would be a greater sin than the affair. Divorcing our spouses, we thought, would affect our other children by disrupting their stable environment. Neither of us wanted to build our own happiness out of our loved ones' misery.

Although it meant living a permanent lie, I finally decided to keep the baby and let Randy think it was his. Somehow God would give me the strength I needed to get through this. When I told my husband I was pregnant, he was thrilled at the news. I, on the other hand, was guilt-ridden throughout the pregnancy.

Rachael was born in the spring of 1989. As I held her, I felt confident that I had made the right choice. This wasn't the end of my problems, however. I continued to see Eric regularly, more for support than for lovemaking. I knew the affair was wrong and that I was deceiving Randy, yet Eric was still my best friend, and I needed him as much as ever. Eric also had the right to see Rachael, since a paternal blood test proved that he was indeed her father. We often cried, wishing that we could be a real family.

Eventually, the guilt and torment became too much for us. We realized that the effort and commitment we put into the affair should have been going to our families. I couldn't be a devoted mother and live a double life at the same time. Besides, as Eric pointed out, "We won't be able to go on like this forever. When Rachael grows up, she'll wonder who I am and talk about me around Randy."

After Rachael was born, I continued to see Eric. I knew it was wrong, but I needed him as much as ever.



Shortly before my daughter's second birthday, Eric got a job offer out of state. The promotion gave us the motivation we needed to let go of each other. We gradually cut down on our daily phone calls and visits until we saw each other only once a week.

Then I concentrated on involving myself in Randy's life once again. It wasn't difficult—I had never stopped loving him—but it did involve some compromise on my part. I had to accept the fact that we would always have communication problems. I started seeing a therapist again to discuss the things I couldn't tell my husband. The counseling has also helped me resolve my feelings about my childhood abuse.

Most of all, I began thinking of Rachael as Randy's daughter. I watched the two of them together and saw the adoring look in his eyes when he cuddled her or watched her first faltering steps. He might not be her biological father, but he is the man who will raise and love her. That's what matters.

Eric moved away last year. Our good-b was heart-wrenching and tearful, althou we knew it was for the best. He encourag me to keep trying to make my marria work, and I asked him to do the same for h

I don't think we will ever lose touch together. Eric's friendship is too imp tant to me. We secretly write to each oth through post-office boxes; I send him p tures of Rachael, and he sends her gifts. in ten years, our mutual feelings have changed, we may consider divorcing c spouses and marrying. By then, the ch dren should be old enough to cope with

Will I ever tell Rachael who her b logical father is? I don't know; possib when she is an adult. Will I tell Rand Absolutely not. I don't want to put h through heartache for something th wasn't his fault.

When my daughter was first born thought I would burst if I didn't rev my secret to someone. Now that I've ke quiet for three years, it's a little easi Still, there are times when I worry th someone will become suspicious. Rach looks and acts so much like Eric—ev down to her giggle. If someone asks wh her dimples come from, I force myself laugh and say, "Oh, she got them out the woodpile." Randy doesn't seem to n tice that she doesn't resemble him; I pr that love really is blind.

There's always the chance that my wo nightmare might come true. For instan if Rachael became critically ill, we'd prob bly be asked for her family medical histo I'd try to speak to the doctors confidenti ly, but if the truth had to come out, I'd d with the situation as best I could.

It's sad that I will probably have to li the rest of my life with a secret, but I a at peace with my choice. I prefer to lo forward to the pleasures of each new d rather than to dwell on sacrifices and r grets. My husband and children are ha py; I couldn't ask for anything more.

Last winter, we had a professional ph to taken together for the first time. T portrait now hangs in our living room, a tangible reminder that Randy and I and *both* of our children—are a comple and loving family.

WE WANT TO HEAR FROM YOU

This column is a series of intimate convers tions with women. If you'd like to comme on this article, or if you have a story you like to share, write to: Ladies' Home Journa 100 Park Avenue, New York, NY 1001 Articles must be true, first-person accoun about experiences that would be consider personal enough to reveal only to a be friend. (All identities will be kept anon mous.) Stories should be 1,000 words, typ double-spaced and accompanied by a self-a dressed, stamped envelope. Please inclu your address and daytime phone number the manuscript. We will pay $750 for ea article accepted for publication.

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How to keep the change of life from changing your bones.

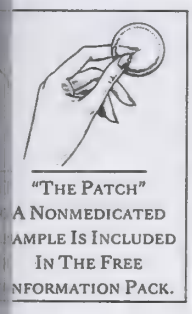
You expect some changes with menopause. After all, your body is adjusting to a new stage in your life. But now doctors have found that loss of estrogen at menopause accelerates bone loss, which can lead to postmenopausal osteoporosis. You could lose up to 50% of all the bone mass you'll ever lose in just the first seven years after menopause begins.

Estraderm® Can Help Stop Bone Loss

Of course, a calcium-rich diet and exercise are an important part of an osteoporosis-prevention program. Estraderm can help, too. Estraderm is a clear patch that delivers estradiol through your skin into the bloodstream, similar to the way your ovaries did before menopause. Sometimes the patch can cause skin irritation, although this happens less often when it's worn on the buttocks.

Risks Vs Benefits Of Estraderm

It's important to balance risks against proven benefits. Estraderm has been used safely by millions of women to relieve hot flashes, night sweats, and other menopausal symptoms. And a study at the Mayo Clinic has confirmed that Estraderm can halt and prevent postmenopausal osteoporosis. Of course, this doesn't mean that Estraderm is for every woman. For example, pregnant women should avoid estrogen therapy, and you should tell your doctor if you have ever had cancer of the breast or uterus (estrogen therapy has been associated with an increased risk of uterine cancer), unusual vaginal bleeding, abnormal blood clotting or any cardiovascular disease.



"The Patch" A Nonmedicated Sample Is Included In The Free Information Pack.

Important Issues To Discuss With Your Doctor:

Q. Am I at risk for postmenopausal osteoporosis?

—All women will lose some bone during menopause. But some will lose more than others. Your doctor can help you weigh the benefits and risks of estrogen therapy.

Q. What can I expect from Estraderm as part of an osteoporosis-prevention program?

—This depends on when you start therapy, the condition of your bones when you start, and how long you continue. You should remember that a calcium-rich diet and exercise are also an important part of an osteoporosis-prevention program.

A Free Menopause Information Pack

A complete menopause information pack (with facts about postmenopausal osteoporosis) and a sample nonmedicated patch to try are yours for the asking. Just call 1-800-521-CIBA, or send this coupon.

TO RECEIVE YOUR FREE MENOPAUSE INFORMATION PACK, MAIL TO CIBA, SHEPARD'S, P.O. BOX 550, BETHEL, CT 06801-9884

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LH-23

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FOR BRIEF SUMMARY OF PRESCRIBING INFORMATION, SEE NEXT PAGE.

Estraderm

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BRIEF SUMMARY (FOR FULL PRESCRIBING INFORMATION, SEE PACKAGE INSERT).

ESTROGENS HAVE BEEN REPORTED TO INCREASE THE RISK OF ENDOMETRIAL CARCINOMA.

Three independent case control studies have reported an increased risk of endometrial cancer in postmenopausal women exposed to exogenous estrogens for more than 1 year. This risk was independent of the other known risk factors for such cancer. These studies are further supported by the finding that incidence rates of endometrial cancer have increased sharply since 1969 in eight different areas of the United States with population-based cancer-reporting systems, an increase which may be related to the rapidly expanding use of estrogens during the last decade.

The three case control studies reported that the risk of endometrial cancer in estrogen users was about 4.5-13.9 times greater than in nonusers. The risk appears to depend both on duration of treatment and on estrogen dose. In view of these findings, when estrogens are used for the treatment of menopausal symptoms, the lowest dose that will control symptoms should be utilized and medication should be discontinued as soon as possible. When prolonged treatment is medically indicated, the patient should be reassessed on at least a semiannual basis to determine the need for continued therapy. Although the evidence must be considered preliminary, one study suggests that cyclic administration of low doses of estrogen may carry less risk than continuous administration; it therefore appears prudent to utilize such a regimen.

Close clinical surveillance of all women taking estrogens is important. In all cases of undiagnosed persistent or recurring abnormal vaginal bleeding, adequate diagnostic measures should be undertaken to rule out malignancy.

There is no evidence at present that "natural" estrogens are more or less hazardous than "synthetic" estrogens at equiestrogenic doses.

ESTROGENS SHOULD NOT BE USED DURING PREGNANCY.

The use of female sex hormones, both estrogens and progestogens, during early pregnancy may seriously damage the offspring. It has been shown that women who had been exposed *in utero* to diethylstilbestrol, a nonsteroidal estrogen, have an increased risk of developing in later life a form of vaginal or cervical cancer that is ordinarily extremely rare. This risk has been estimated as not greater than 4 per 1000 exposures. Furthermore, a high percentage of such exposed women (30-90%) have been found to have vaginal adenosis, epithelial changes of the vagina and cervix. Although these changes are histologically benign, it is not known whether they are precursors of malignancy. Although similar data on the use of other estrogens are not available, it cannot be presumed they would not induce similar changes.

Several reports suggest an association between intrauterine exposure to female sex hormones and congenital anomalies, including congenital heart defects and limb-reduction defects. One case control study estimated a 4.7-fold increased risk of limb-reduction defects in infants who had been exposed *in utero* to hormones (oral contraceptives, hormone withdrawal for pregnancy, or attempted treatment for threatened abortion). Some of these exposures were very short and involved only a few days of treatment. The data suggest that the risk of limb-reduction defects in exposed fetuses is somewhat less than 1 per 1000.

In the past, female hormones have been used during pregnancy in an attempt to treat threatened or habitual abortion. There is considerable evidence that estrogens are ineffective for these indications, and there is no evidence from well-controlled studies that progestogens are effective for these uses.

If Estraderm is used during pregnancy, or if the patient becomes pregnant while taking this drug, she should be apprised of the potential risks to the fetus and of the advisability of continuation of the pregnancy.

INDICATIONS AND USAGE

Estraderm is indicated for the treatment of the following: moderate-to-severe vasomotor symptoms associated with menopause; female hypogonadism; female castration; primary ovarian failure; and atrophic conditions caused by deficient endogenous estrogen production, such as atrophic vaginitis and kraurosis vulvae; and prevention of osteoporosis (loss of bone mass).

Estrogen replacement therapy is the most effective single modality for the prevention of postmenopausal osteoporosis in women. Case-controlled studies have shown a reduction of approximately 60% in the incidence of hip and wrist fractures in women who began estrogen replacement therapy within a few years of menopause. A recent, well-controlled, double-blind, prospective trial conducted at the Mayo Clinic has demonstrated that treatment with Estraderm prevents bone loss in postmenopausal women at a dosage of 0.05 mg per day.

Treatment with Estraderm 0.05 mg showed full maintenance of bone density with slight (0.8%), but not significant, increase. Placebo treatment resulted in a significant loss of more than 6% below baseline vertebral bone mass. Patients using either Estraderm 0.1 mg, or 0.05 mg, had significantly greater bone densities than those using placebo.

Other studies suggest that estrogen replacement therapy reduces the rate of vertebral fractures.

Peak bone mass is reached at age 30 to 35 and can best be maximized by adequate calcium intake and exercise during the adolescent and early adult years. Early menopause is one of the best predictors for the development of osteoporosis. White women are at higher risk for osteoporosis than white men, black women are at higher risk than black men, and thin women are at higher risk than heavy women. Cigarette smoking may be an additional risk factor. Calcium deficiency has been implicated in the pathogenesis of this disease. Therefore, when not contraindicated, a calcium intake of 1000-1500 mg/day either by diet or supplements is recommended for postmenopausal women.

Immobilization and prolonged bedrest produce rapid bone loss, while weight-bearing exercise has been shown to both reduce bone loss and to increase bone mass. The optimal type and amount of physical activity that might lower the risk of osteoporosis have not been established.

CONTRAINDICATIONS

Estrogens should not be used in women or men with any of the following conditions:

1. known or suspected cancer of the breast;
2. known or suspected estrogen-dependent neoplasia;
3. known or suspected pregnancy (see Boxed Warning);
4. undiagnosed abnormal genital bleeding;
5. active thrombophlebitis or thromboembolic disorders;
6. history of thrombophlebitis, thrombosis, or thromboembolic disorders associated with previous estrogen use.

WARNINGS

1. *Induction of Malignant Neoplasms.* Long-term continuous administration of natural and synthetic estrogens in certain animal species increases the frequency of carcinomas of the breast, cervix, vagina, and liver. There are now reports that estrogens increase the risk of carcinoma of the endometrium in humans. (See Boxed Warning.)

At the present time, there is no satisfactory evidence that estrogens given to postmenopausal women increase the risk of breast cancer, although a recent long-term follow-up study has raised this possibility. Because of the animal data, there is a need for caution in prescribing estrogens for women with a strong family history of breast cancer or who have breast nodules, fibrocystic disease, or abnormal mammograms.

2. *Gallbladder Disease.* A recent study has reported a two- to threefold increase in the risk of surgically confirmed gallbladder disease in postmenopausal women receiving oral estrogens, similar to the twofold increase previously noted in users of oral contraceptives.

3. *Effects Similar to Those Caused by Estrogen-Progestogen Oral Contraceptives.* There are several serious adverse effects of oral contraceptives and other high-dose oral estrogen treatments, most of which have not, up to now, been documented as consequences of postmenopausal estrogen replacement therapy. This may reflect the comparatively low doses of estrogen used in postmenopausal women.

a. *Thromboembolic Disease.* It is now well established that users of oral contraceptives have an increased risk of various thromboembolic and thrombotic vascular diseases, such as thrombophlebitis, pulmonary embolism, stroke, and myocardial infarction. Cases of retinal thrombosis, mesenteric thrombosis, and optic neuritis have been reported in oral contraceptive users. There is evidence that the risk of several of these adverse reactions is related to the dose of the drug. An increased risk of postsurgery thromboembolic complications has also been reported in users of oral contraceptives. If feasible, estrogen should be discontinued at least 4 weeks before surgery of the type associated with an increased risk of thromboembolism, or during periods of prolonged immobilization.

While an increased rate of thromboembolic and thrombotic disease in postmenopausal users of estrogens has not been found, this does not rule out the possibility that such an increase may be present or that subgroups of women who have underlying risk factors who are receiving relatively large doses of estrogens may have increased risk. Therefore, estrogens should not be used in persons with active thrombophlebitis or thromboembolic disorders, and they should not be used in persons with a history of such disorders in association with estrogen use. They should be used with caution in patients with cerebral vascular or coronary artery disease and only for those in whom estrogens are clearly needed.

Large doses of estrogen (5 mg conjugated estrogens per day), comparable to those used to treat cancer of the prostate and breast, have been shown in a large prospective clinical trial in men to increase the risk of nonfatal myocardial infarction, pulmonary embolism, and thrombophlebitis. When estrogen doses of this size are used, any of the thromboembolic and thrombotic adverse effects associated with oral contraceptive use should be considered a clear risk.

b. *Hepatic Adenoma.* Benign hepatic adenomas have been associated with the use of oral contraceptives. Although benign and rare, these tumors may rupture and cause death from intra-abdominal hemorrhage. Such lesions have not yet been reported in association with other estrogen or progestogen preparations, but they should be considered if abdominal pain and tenderness, abdominal mass, or hypovolemic shock occurs in patients receiving estrogen. Hepatocellular carcinoma has also been reported in women taking estrogen-containing oral contraceptives. The causal relationship of this malignancy to these drugs is not known.

c. *Elevated Blood Pressure.* Women using oral contraceptives sometimes experience increased blood pressure which, in most cases, returns to normal upon discontinuing the drug. There is now a report that this may occur with use of oral estrogens in the menopause and blood pressure should be monitored with estrogen use, especially if high doses are used. Ethinyl estradiol and conjugated estrogens have been shown to increase renin substrate. In contrast to these oral estrogens, transdermally administered estradiol does not affect renin substrate.

d. *Glucose Tolerance.* A worsening of glucose tolerance has been observed in a significant percentage of patients on estrogen-containing oral contraceptives. For this reason, diabetic patients should be carefully observed while receiving estrogen.

4. *Hypercalcemia.* Administration of high doses of estrogens may lead to severe hypercalcemia in patients with breast cancer and bone metastases. If hypercalcemia occurs, use of the drug should be stopped and appropriate measures should be taken to reduce the serum calcium level.

PRECAUTIONS

General

1. A complete medical and family history should be taken before initiation of any estrogen therapy. The pretreatment and periodic physical examinations should include special reference to blood pressure, breasts, abdomen, and pelvic organs, as well as cervical Papanicolaou test. As a general rule, estrogen should not be prescribed for longer than 1 year without another physical examination being performed.
2. Because estrogens may cause some degree of fluid retention, careful observation is required when conditions that might be influenced by this factor are present (e.g., asthma, epilepsy, migraine, and cardiac or renal dysfunction).
3. Certain patients may develop undesirable manifestations of excessive estrogenic stimulation, such as uterine bleeding, mastodynia, etc.
4. Prolonged administration of unopposed estrogen therapy has been reported to increase the risk of endometrial hyperplasia in some patients. Estrogens should be used with caution in patients who have or have had endometriosis.
5. Studies of the addition of a progestin for 7 or more days of a cycle of estrogen administration have reported a lowered incidence of endometrial hyperplasia. Morphological and biochemical studies of endometrium suggest that 12 to 13 days of progestin are needed to provide maximal maturation of the endometrium and to eliminate any hyperplastic changes. Whether this will provide protection from endometrial carcinoma has not been clearly established. There are possible additional risks that may be associated with the inclusion of progestin in estrogen replacement regimens. The potential risks include adverse effects on carbohydrate and lipid metabolism. The choice of progestin and dosage may be important in minimizing these adverse effects.
6. Oral contraceptives appear to be associated with an increased incidence of mental depression. Although it is not clear whether this is due to the estrogenic or progestogenic component of the contraceptive, patients with a history of depression should be carefully observed.
7. Preexisting uterine leiomyomata may increase in size during prolonged estrogen use. If this occurs, estrogen therapy should be discontinued while the cause is investigated.
8. In patients with a history of jaundice during pregnancy, there is an increased risk that jaundice will recur with the use of estrogen-containing oral contraceptives. If jaundice develops in any patient receiving estrogen, the medication should be discontinued while the cause is investigated.
9. Estrogens may be poorly metabolized in patients with impaired liver function and should be administered with caution in such patients.
10. Because the prolonged use of estrogens influences the metabolism of calcium and phosphorus, estrogens should be used with caution in patients with metabolic bone diseases associated with hypercalcemia and in patients with renal insufficiency.

Information for Patients

See Patient Package Insert printed below.

Drug/Laboratory Test Interactions

The results of certain endocrine and liver function tests may be affected by estrogen-containing oral contraceptives. The following changes have been observed with large doses of oral estrogen:

1. increased sulfobromophthalein retention;
2. increased prothrombin time; increased factors VII, VIII, IX, and X; decreased antithrombin 3; increased norepinephrine-induced platelet aggregability;
3. increased thyroxine-binding globulin (TBG), leading to increased circulating total thyroid hormone (T_4) measured by column or radioimmunoassay; free T_3 resin uptake is decreased, reflecting the elevated TBG; free T_4 concentration is unaltered; TBG was not affected in clinical trials of Estraderm;
4. reduced response to the metyrapone test;
5. reduced serum folate concentration;
6. increased serum triglyceride and phospholipid concentration, and decreased pregnanediol excretion.

The pathologist should be informed that the patient is receiving estrogen therapy when relevant specimens are submitted.

Carcinogenesis, Mutagenesis, Impairment of Fertility

See WARNINGS and Boxed Warning.

Long-term continuous administration of natural and synthetic estrogens in certain animal species increases the frequency of carcinomas of the breast, cervix, vagina, and liver.

Pregnancy Category X

See CONTRAINDICATIONS and Boxed Warning.

Estrogens should not be used during pregnancy.

Nursing Mothers

As a general principle, the administration of any drug to nursing mothers should be done only when clearly necessary since many drugs are excreted in human milk.

ADVERSE REACTIONS

See WARNINGS and Boxed Warning regarding potential adverse effects on the fetus, induction of malignant neoplasms, increased incidence of gallbladder disease, and adverse effects similar to those of oral contraceptives, including thromboembolism.

The most commonly reported adverse reaction to Estraderm in clinical trials was redness and irritation at the application site. This occurred in about 17% of the women treated and caused approximately 2% to discontinue therapy. Reports of rash have been rare.

The following additional adverse reactions have been reported with estrogenic therapy, including oral contraceptives:

Genitourinary System: Breakthrough bleeding, spotting, change in menstrual flow; increase in size of uterine fibromyomata; change in cervical erosion and amount of cervical secretion.

Endocrine: Breast tenderness, breast enlargement.

Gastrointestinal: Nausea, vomiting; abdominal cramps, bloating; cholestatic jaundice have been observed with oral estrogen therapy.

Eyes: Steepening of corneal curvature; intolerance to contact lenses.

Central Nervous System: Headache, migraine, dizziness.

Miscellaneous: Change in weight, edema, change in libido.

DOSAGE AND ADMINISTRATION

The adhesive side of the Estraderm system should be placed on a clean, dry area of the skin on the trunk of the body, (including the buttocks and abdomen). *Estraderm should not be applied to the breasts.* The sites of application must be rotated, with an interval of at least 1 week allowed between applications to a particular site. The area selected should not be oily, damaged, or irritated. The waistline should be avoided, since tight clothing may rub the system off. The system should be applied immediately after opening the pouch and removing the protective liner. The system should be pressed firmly in place with the palm of the hand for about 10 seconds, making sure there is good contact, especially around the edges. In the unlikely event that a system should fall off, the same system may be reapplied. If necessary, a new system may be applied. In either case, the original treatment schedule should be continued.

Initiation of Therapy

Treatment of menopausal symptoms is usualy initiated with Estraderm 0.05 mg applied to the skin twice weekly. The dosage should be adjusted as necessary to control symptoms. The lowest dosage necessary for the control of symptoms should be used, especially in women with an intact uterus. Attempts to taper or discontinue the medication should be made at 3- to 6-month intervals.

Prophylactic therapy with Estraderm to prevent postmenopausal bone loss should be initiated with the 0.05 mg/day dosage as soon as possible after menopause. The dosage may be adjusted if necessary to control concurrent menopausal symptoms. Discontinuation of estrogen replacement therapy may reestablish the natural rate of bone loss.

In women not currently taking oral estrogens, treatment with Estraderm may be initiated at once. In women who are currently taking oral estrogen, treatment with Estraderm should be initiated 1 week after withdrawal of oral hormone replacement therapy, or sooner if menopausal symptoms reappear in less than 1 week.

Therapeutic Regimen

Estraderm therapy may be given continuously in patients who do not have an intact uterus. In those patients with an intact uterus, Estraderm may be given on a cyclic schedule (e.g., 3 weeks on drug followed by 1 week off drug).

HOW SUPPLIED

Estraderm 0.05 (estradiol transdermal system)—each 10 cm^2 system contains 4 mg of estradiol USP for nominal* delivery of 0.05 mg of estradiol per day

Patient Calendar Pack of 8 Systems ..... NDC 0083-2310-08
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Carton of 1 Patient Calendar Pack of 24 Systems ..... NDC 0083-2310-24

Estraderm 0.1 (estradiol transdermal system)—each 20 cm^2 system contains 8 mg of estradiol USP for nominal* delivery of 0.1 mg of estradiol per day

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*See DESCRIPTION.

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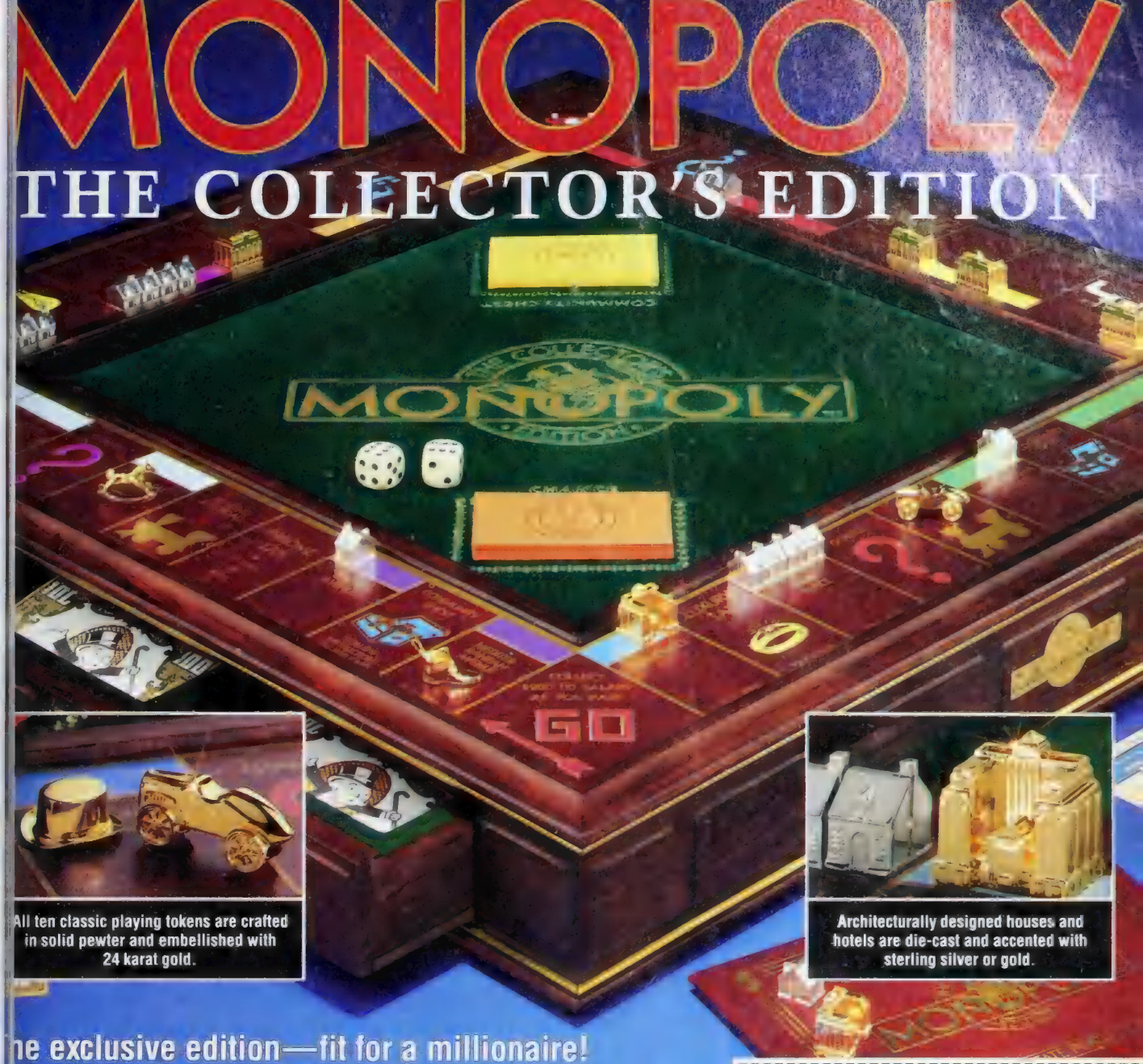
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One magic night

A romantic ball. Silvery moonlight on the marsh. A tall, handsome stranger bearing lilacs. Could all this really be happening to me? A passionate excerpt from Anne Rivers Siddons's new novel, Colony

BY ANNE RIVERS SIDDONS

I met him on the night of my first Saint Cecelia Ball. People always think it a romantic story, and I certainly thought so at the time; I nearly drowned, on that silver-fogged November night, in the pure romance of it. After that, our whole life together, Peter's and mine, was spent trying to live up to that one enchanted night in the Carolina Low Country.

The first time I heard his name was when my brother, Kemble, wrote to say that he was bringing a Princeton friend home for the Saint Cecelia Ball, and that I was to leave the sixteenth dance blank for him.

"Well, he's got his nerve," I said to Aurelia. I was eating breakfast alone in the kitchen of the old house.

"Who's got his nerve?" Aurelia said.

"Kemble. He's bringing some total stranger home for the Saint Cecelia and ordering me to save the sixteenth dance for him. Fat chance."

Aurelia knew, as I did, that the sixteenth dance of the Saint Cecelia Ball was reserved by iron tradition for husbands or sweethearts. She also knew Kemble and me as no other living soul did, not even our father, having raised Kemble from toddlerhood and me from infancy after our mother died.

Aurelia made no secret of her disapproval at the home my father had provided for us, a ramshackle, two-hundred-fifty-year-old house on a long-barren rice plantation on Wappoo Creek, outside Charleston. It was a lonely place for a child, though I never minded that. When the first Auguste Gascoigne had planted the rice and built the big house, the swampforests teemed with wild things; in 1921, when I was seventeen, they still did. But the house had slid gradually into disrepair, and the great fortune had dwindled over the years to just enough to allow my father, Gus, to feed and clothe Kem and me and pay Aurelia and her *(continued)*

From COLONY, by Anne Rivers Siddons. Copyright © 1992 by Anne Rivers Siddons. Published by HarperCollins.

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How to make delicious chicken fettuccine alfredo...



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town, looked thoughtfully at me a few times, and left a
Until the autumn of my seventeenth year, he never bro
anyone home with him to Wappoo Creek.

Does that stranger have a name?" Aurelia said that n
ing. I looked at the letter again. "Peter Chambli
said. "Of the Boston, Massachusetts, Chambli
Which means less than nothing to me. Who does Kemble
he is? First he makes Daddy promise to take me to the s
Saint Cecelia . . . I don't think Pa even remembered he belo
to the Society until old Kemble stirred everything up. And
he sends me a dress, just assuming I'd love it and that I'd
the first place. . . ."

"Well," Aurelia said, pushing pancakes at me, "it doe
And it's the prettiest Saint Cecelia dress I've ever seen, an
seen a lot of 'em. And you are too going to the ball. Your d
knows what's right, even if he has to be poked up sometin
was fixing to get on him about it if Kemble hadn't. You
to be grateful to Kemble for getting you a dress like that
getting you some boy to dance with. If he doesn't take ca
you, what do you think's going to become of you?"

"Why does anything have to become of me?" I
"Nothing's become of me so far, and I've been perfectly h
What's wrong with staying out here? This is where I'd rath
than anywhere else on earth."

Aurelia's eyes were worried and angry. "You going to sta
here with the 'coons and the gators, run wild out in the woo
you're eighty? Who do you think's going to take care of you
don't go to those balls and parties and get yourself a husband!

"Well, it's not going to be any stupid Peter Chambliss,
Boston Chamblisses," I snapped. "I'll wear the dress and I
to the ball, because Daddy says I have to. But I'm not goi
dance with any old Yankee Kemble drags home just to sav
own face."

One magic night

continued

husband, Duke, while he immersed himself in the study of flora and waterfowl of the Low Country. From the time I could toddle I followed him into the swamp. It became, for a long time, my passion, too.

Our mother, a small, exquisite girl from a great old Charleston family, had died at my birth, thus fulfilling the prophecy of her grim-faced father that no good would come of her marriage to the last of the ragtaggle Gascoignes, and after that, Kemble and I saw little of our Brundage relatives. I know that they sent money for our schooling, and my father dutifully sent Kemble to Princeton and me, miserably, to Ashley Hall for what proved to be an extremely short stay. I ran away so many times that he gave up and let me stay home and spend my days in the swampforest with a net and a sketch pad or in my battered canoe with a sandwich and a Coca-Cola, drifting along the secret black surface of Wappoo Creek reading a book. I read prodigiously, and by the time I was twelve I had worked my way through our library. It was not, on the main, a bad education for that time and place.

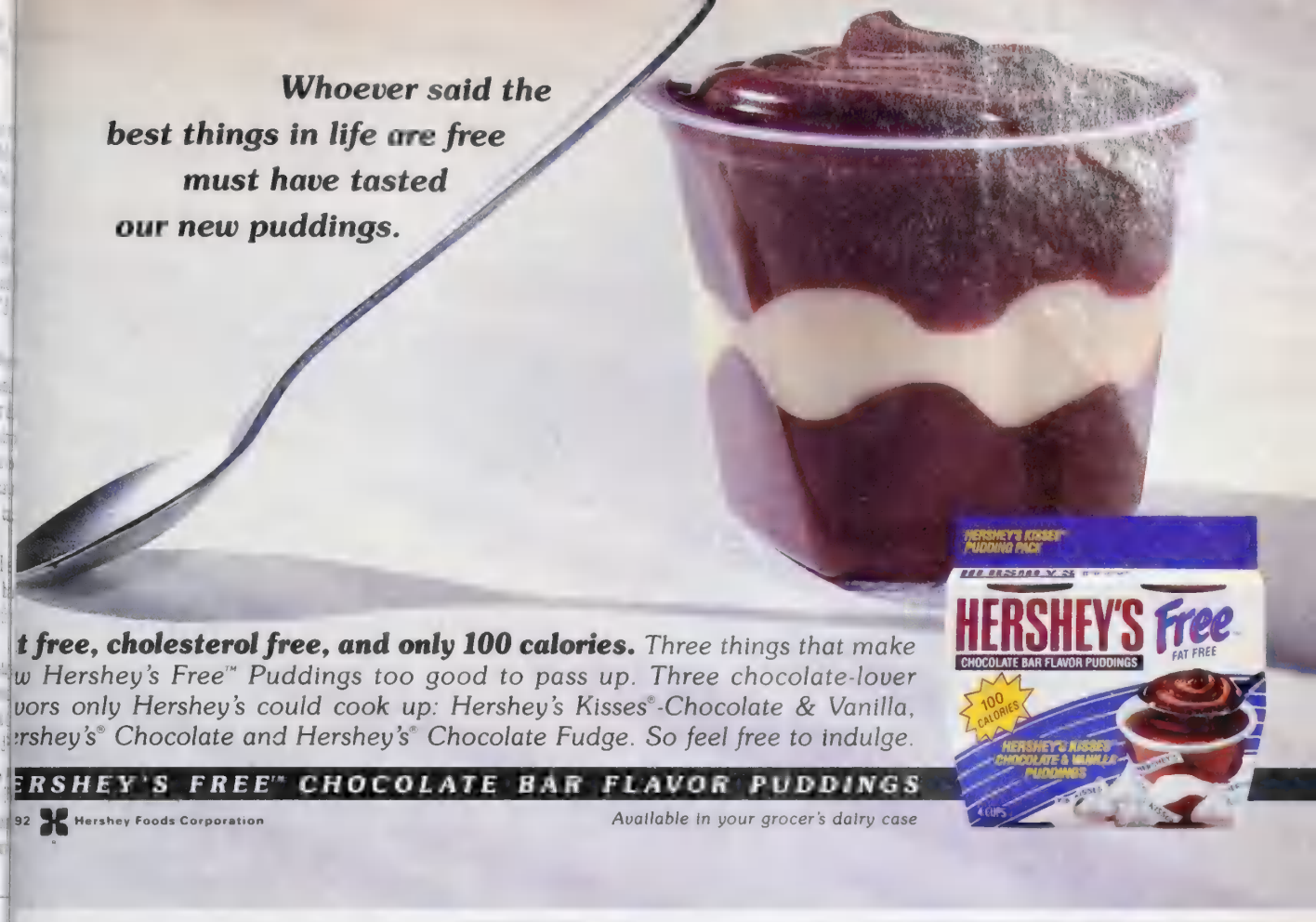
But Aurelia considered me headed for a cold, swamp-bound spinsterhood. The few Charleston girls I knew thought I was artless, remote, boring and tacky. Of the boys of Charleston I knew only my cousins and a few of Kemble's prep school friends. In my seventeenth year I had never been out with a boy. I can't recall minding.

Kemble, on the other hand, knew that the twentieth century was his natural habitat. He had dozens of wellborn friends from Mobile to Boston, learned to play tennis and sail and do the new dances, acquired a taste for gin and cigarettes and politics. He came home dutifully but briefly a few times a year, had one dinner with our father and me and spent the other evenings in

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You sound just like your mama," elia said, grinning. "Stubbornest gal I did know. She wasn't going to go out h any Charleston town boy. She was ng to go out with that boy from out to ppoo Creek, and she didn't care who l she couldn't."

And look where it got her," I said. I having no succor from Aurelia or body else. Least of all my beautiful, emembered mother.

Where?" Aurelia asked.

Dead," I said, and headed out into the rning woods.

One month later, on a still, sullen afternoon, a great black Packard touring car came wallowing up the vel drive and stopped at the veranda. the wheel Kemble grinned at Aurelia me.

From the passenger seat, a long, narrow with a shock of pale hair grinned over loud of white lilac branches. The flowwere like nothing I had ever seen, ex- and impossibly perfect. We do not e those great, swelling trees in the stal South. And the face above the quet was as alien as the flowers.

Strangeness and something else, someng close to panic, swamped me. I ned and ran into the house, thumping the stairs to my room. I heard Kemble ling my name, and then I heard his voice, Peter's, soft and full of the flat, atonal music of Boston: "Please come back. I promise I'm harmless."

It sounded like "ha'mless." It made me smile, even as my cheeks burned angrily at my own foolishness. It made me able to come back downstairs, smiling stiffly, and put my hand out to him.

It was the first thing I fell in love with, Peter's voice.

"I'm Peter Chambliss," he said, "and you can only be Maude. I'm glad to meet you, finally." He held my hand while he spoke.

"I've seen 'em scream and faint at the first sight of him, but you're the only one who ever ran like a rabbit, Buckeye," Kemble said. He hugged me, smelling of tobacco and after-shave. My head came only to his armpit. That was why he called me Buckeye: I was little and round and dark. "What'd you think, that the Yankees were coming to get you?" My brother had been laughing at me all my life.

"No," I said, stringing out the drawl until it was a caricature of all Charleston voices, thick and mindless. "I thought my drawers were about to fall off."

My brother stared at me with his mouth open, and Peter Chambliss laughed with unfeigned delight.

It was the second thing I fell in love with, his laugh.

"When it's time for that," Peter said, "I'll let you know."

"No," I said, "I'll let *you* know."

They both laughed. I felt a small *frisson* of pleasure at a social sally well received.

"The flowers are for you, for the dance," Peter said. He put them into my arms. I could scarcely see over or around them.

"Thank you," I said, thinking that no girl entering her first Saint Cecelia ballroom had ever held such a bouquet. I would be the talk of Charleston, coming in the company of a Boston Yankee from Princeton University and carrying such an extravagant explosion of alien Yankee flowers. Not the thing, not the thing at all. Suddenly I loved the idea of it.

"Every old trout in town will be talking about them, and you, too," I said, smiling at him. "You'll probably have to marry me and make an honest woman out of me without ever laying a finger on me. These flowers will do it by themselves. Poor you."

My brother stared at me openmouthed. What vamping demon had slipped unseen into his unworldly little swamp rabbit of a sister? Peter lifted his sandy eyebrows. His eyes were, I thought, the clear gray of creek ice.

"Are they . . . excessive?" he said. "Will they embarrass you? They came from the place in Boston where we get *(continued)*





One magic night

continued

our flowers; my sister Hermie had them for her weddi brought them down here in a pail of water. . . . But I as you, it won't hurt my feelings if you'd rather have so thing . . . smaller."

"No," I said. "They're just right. They're perfect. Hov earth did you think of lilacs?"

"Your name," Peter said. "You know, 'Come into the gar Maude, where the lilacs spread their shade . . . ' I've always l them best of any flower. We have two huge old trees in M and in June, you can smell them for miles."

I smiled at Peter Chambliss. Whatever this man had c for, it was not to harm me. A wash of giddy joy swept ove like a riptide. Tonight . . . oh, tonight! Tonight would b right, after all.

Oh, that night. It was, for me, the first of those moments divide time, so that you think in terms of before it and a was it before the war, or after? Did it happen before the Cecelia Ball, or after?

Just before I went downstairs that night, I looked at self in the cloudy old pier glass. In the dress that Ke had sent me I looked . . . not real. Not me. Not round low to the ground but tall and willowy and anchored to e only by my white slippers. The dress had thousands of crystal pleats from neckline to billowing hem, cinched a waist by a satin sash, and a shallow boat neckline that lef shoulders bare.

Aurelia had come in while I was brushing my hair, take brush from me, and silently piled my hair into a high coil gave back light like lacquer. Then she had brought from pocket a little velvet sack and taken from it a string of pe perfect and luminous, and fastened them around my neck. said, "Your mama wore these at her first Saint Cecelia. granddaddy gave them to her. She wore them at her wed too. She gave them to me to keep for you not long before were born; she said she was afraid she was going to forget, with one thing and another. I kept them for you. You a pretty as you look tonight, Maude, and your mama and dad be real proud of you."

"What about you?" I said.

"I'm always proud of you," Aurelia said. "You know that.

I hugged her, and she hugged me back and went out o room. At the door she looked back.

"That Peter's a nice boy," she said. "You behave with You don't want him getting any wrong ideas about you."

I stared at her, affronted.

"What ideas? I don't even know how to give anyb wrong ideas."

She looked at me for a space of time and then point the mirror.

"That girl knows," she said.

That night, Charleston brought out every enchantme her arsenal for us. Palms rattled in the warm wind of sea, and gas lamps glowed yellow on the brick streets on the wrought-iron balconies of the high old town house day they were the ripe-fruit colors of the semitropics: ye pink, coral, green. But in the moonlight they were all silve pewter and gilt, and the night around them black velvet, the stars above them diamonds.

Now, standing in the foyer of the old Manigault house, w the St. Cecelia was always held, with my arm through my fat I stopped for a moment, looking inside. In my terror and ex tion the great, graceful old ballroom seemed a teeming swar candles and roses and gilt and faces turning toward us, faces dark silks and drifting cumuli of white. Voices and laughter mured and rose. Was it at me? Surely it was. My wrists and

gan to buzz horridly, and I thought that I would surely vomit, faint. I tensed my muscles to turn and flee, and felt a hand on y shoulder, and heard Peter's voice in my ear.

"There isn't a woman in that room who can hold a candle to u tonight," he whispered. "Every one of them looks like she'd e to grab that dress and go in the ladies' and put it on, and ive hers in the trash can."

I took a deep breath and said over my shoulder to him, 'hank you," and to my father, "Let's go, Pa." And we swept to the ballroom.

From the beginning, it was a triumph, and I was a belle. I can say that now, because it had never happened to me before and it never did again, and because I know full ll it was Peter Chambliss who lit the fire that burned in me at night. Because I was far from a beauty, then or ever. But at night I shone like a tall taper, shimmered, burned. All because he stood beside me, and held me on the dance floor, and nt his head to laugh and whisper at supper.

It is a thing I have seen people notice about Peter from the y I met him to the day he died: that impact on the eye, that nost physical clap of presence. He drew the eye like wildfire. id yet, he was very nearly a plain man.

He was always too thin, his features long and sharp. His in jutted and his sandy eyebrows overgrew his deep-set ay eyes and his thick white-blond hair was usually down ross his forehead. But his smile was the very definition of e word sweetness.

Everyone noticed and responded to him that evening. I saw it ppen. I saw my Brundage grandparents and aunts and uncles d cousins stop their flocking chatter and look at him, and at e, and I saw them nod and smile.

After that, I could never remember the particulars of the ght, though I tried often. For me, once the first waltz swelled, at night was a runaway carousel of flowers, candles, music, ighter, champagne, billowing skirts and fast-coming breath. y dance card filled quickly, with the names of boys I had own all my life but somehow never seen before; I laughed d chattered and flirted as if I had done it all my life, but rough each dance that I did not have with Peter my eyes kept eking him, and whenever they found him, his eyes met mine d he smiled. He danced five dances with me, unheard of in at day and place.

And after the late supper, we danced the last dance together, e sixteenth, to the strains of the old ballad "Auf iedersehen."

As we danced, he sang the words softly in my ear, and I rezed that he was singing in German. Somehow it seemed the ost romantic thing I had ever heard in my life; faultless, rfect.

"I didn't know you spoke German," I said.

"I don't," Peter said. "I'm a complete fool at languages. emble told me about this dance and "Auf Wiedersehen," and I nt to the library and memorized the German words. God help e if you know German; you don't, do you?"

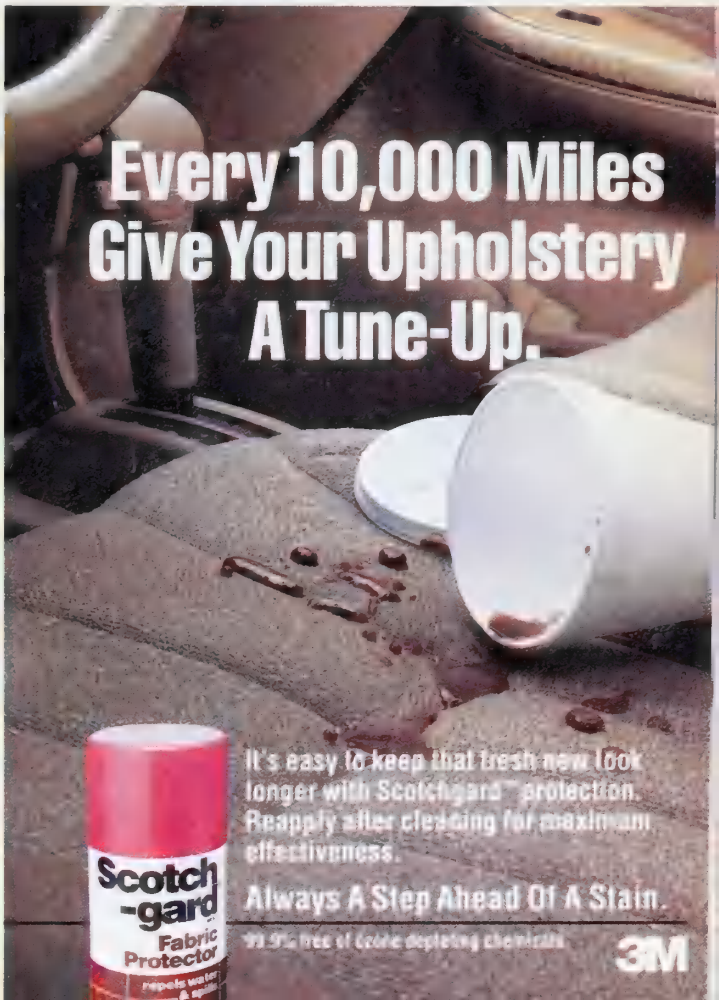
"No," I said, beginning to cry. "I don't." I fell in love with ter at that precise instant.

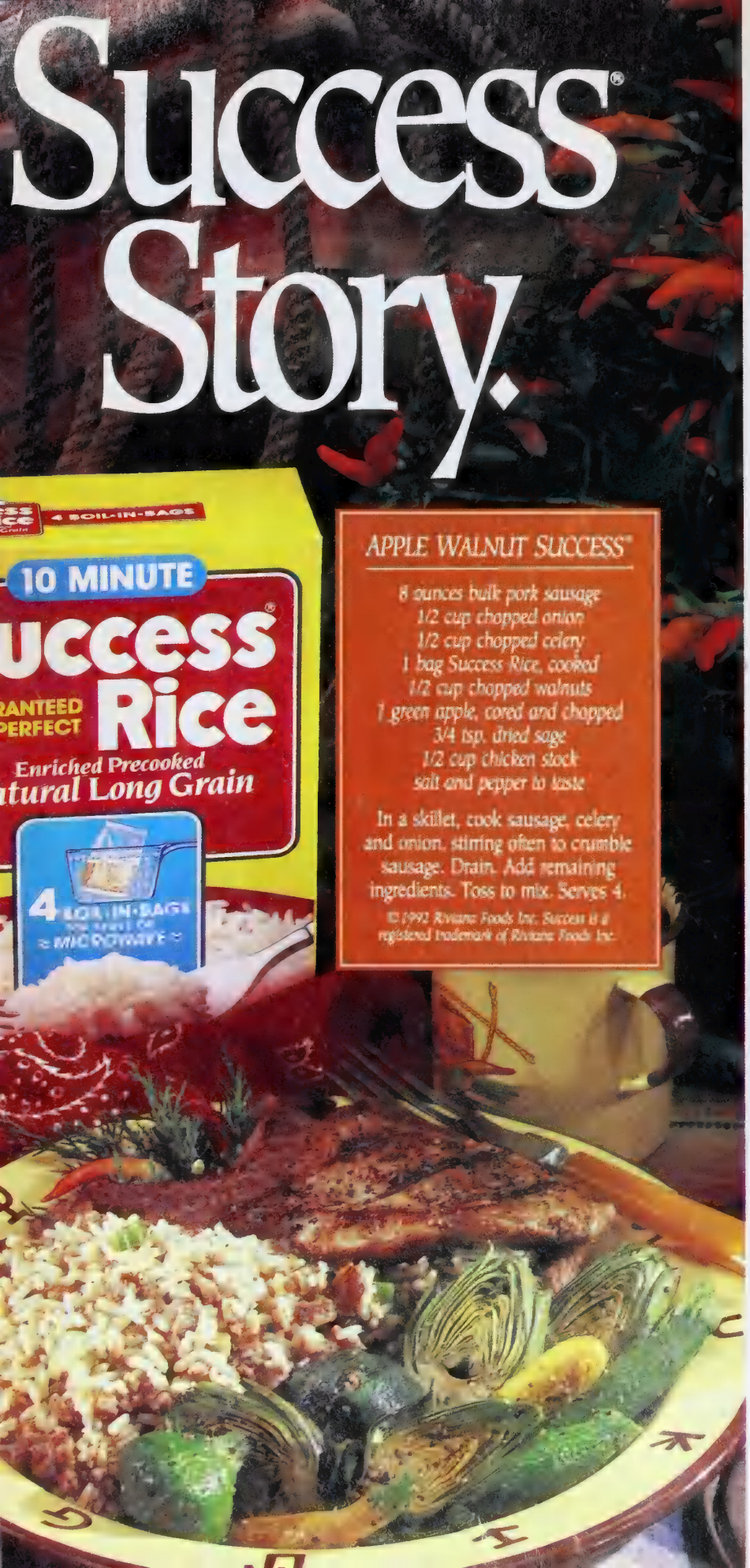
Many years later, I asked Peter why he had gone to the trou- to learn the German words of a song to sing to a girl he had ver met.

"There was every chance that you'd think I was a total dud," I d. "Or that I would you. It was an awful lot of effort for a nd date."

"Kemble had a picture of you at school," he said. "In a canoe a black creek, with moss hanging all around you. I think you ust have been twelve or thirteen. You had an armful of water ies and you were wet from head to foot and you were laughg," he said. "I always thought, long, long before I met you, at if I could catch you it would be like catching a mermaid. I ought a mermaid was worth a little German." *(continued)*







One magic night

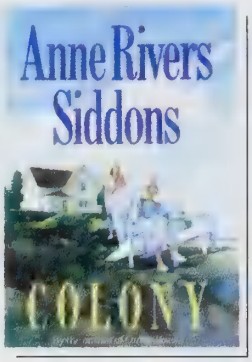
continued

"And was she?" I said, my heart pounding
"Then and always," Peter said. "The
and always."

Very late that night, after we wer
home again and I lay in my be
thrumming like a stretched wir
with fatigue and elation, I remembere
that I had not put the lilacs in wate
Suddenly it seemed the most importan
thing in the world.

I got out of bed and tiptoed barefoo
down the wide old stairs. The house wa
dark and still.

I padded into the kitchen and put th
lilacs, drooping sweetly now, into a buck
et of water and stopped to bury my face
them. I felt the foolish tears start again.
cried now with *(continued on page 8*



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by Elke Hutchens



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One magic night

continued from page 82

incompletion and an entirely new misery; after we got home Peter had said only, "Thanks for letting me take you to your dance, Maude. I had a wonderful time," and had gone up the stairs with Kemble, laughing at some foolishness. The door shut behind them, and presently the laughter had stopped. They were to go back to Princeton the next day.

I mopped my face and went out onto the veranda, and he was there. He sat in his satin-striped pants and white shirt, tieless and open-collared, rocking and smoking. I knew then that somehow I had known he would be there.

"What took you so long?" he said.

We danced on the banks of Wappoo Creek that night, Peter and I, danced in bare feet while the moon poured its wild old silver down on us and the water ran black and ancient. We danced as Peter sang, in his Boston baritone, "It's three o'clock in the morning . . . we've danced the whole night through. . . . "

When he stopped singing he kissed me.

"Tell me what you love most, Maudie," he said, holding me loosely against him. His chin rested on the top of my head. I could feel the warmth of his body throu his shirtfront.

"Dancing in the dark with dan Yankees," I tried to say lightly.

"No, really. What do you love be about your life?"

I thought. I thought of the slow yello autumns in the swamp and the whisper the spartina and sweet grass in the wir I thought of the glittering sun on t Charleston harbor and the spicy, som how Oriental smells from the dark c shops and the rioting flowers everywhe heavy and tropical and exotic. I thoug of the clop of horses' feet on cobbleston and the candy colors of the old houses the sunset and the churchyards with th tumbled stones. I thought of the totteri piles of books in the study and the nigl before the fire when my father told of stars and butterflies and voyages thought of hot, milky sweet coffee in mornings and the old kitchen around and Aurelia's gold smile and her eyes r with love for me.

Oh, Charleston, I thought.

"I love it all," I said against Peter's sh knowing only then that it was true. "Th isn't a single atom of it that I don't love.

"Could you leave it?"

"Yes," I said.

Anne Rivers Siddons: Southern to the bone

Colony, Anne Rivers Siddons's eighth novel, is the first one she's written t is set outside the South. Although the novel opens in Charleston, most of action takes place in an old Maine summer colony. Siddons, fifty-six, wh books are consistent best-sellers, had wanted to write about Maine for ma years: Like *Colony's* heroine, Maude, she spends her summer vacations her husband's family retreat on Penobscot Bay, in Maine. Siddons, also her character, was an outsider at first, a Southerner unfamiliar with the served New England way of life.

No matter how much time she has spent outside her native region, thou Siddons, a seventh-generation Georgian, says she'll always be Southern the bone: a bittersweet blessing, because she thinks the South is suc complex, cruel, beautiful region. "I don't think it's possible to be of it and feel a whole host of ways about it," she says. "It's my home, and I love it. E will never have uncomplicated feelings about it."

She also thinks that the South's conventional values have been hard women, especially women perceived as flawed or different. Her novels ex ine the lives of such women, women who nevertheless manage to succee the end. Maude is no exception: Raised in the backwoods, she doesn't f with rigid Charleston society, so she flees to the North with her first love. the whole, not an out-and-out happy book but a triumphant one," Sidd says of *Colony*.

Maude has become one of Siddons's favorite characters, in part beca of her strength. "She's tougher and more upbeat than I am," notes Sidd the mother of four grown stepsons. "She s not at all an exemplary wom Siddons's dream cast, if there's ever a movie: Holly Hunter as Maude William Hurt as Peter Chambliss.

—SARAH McC

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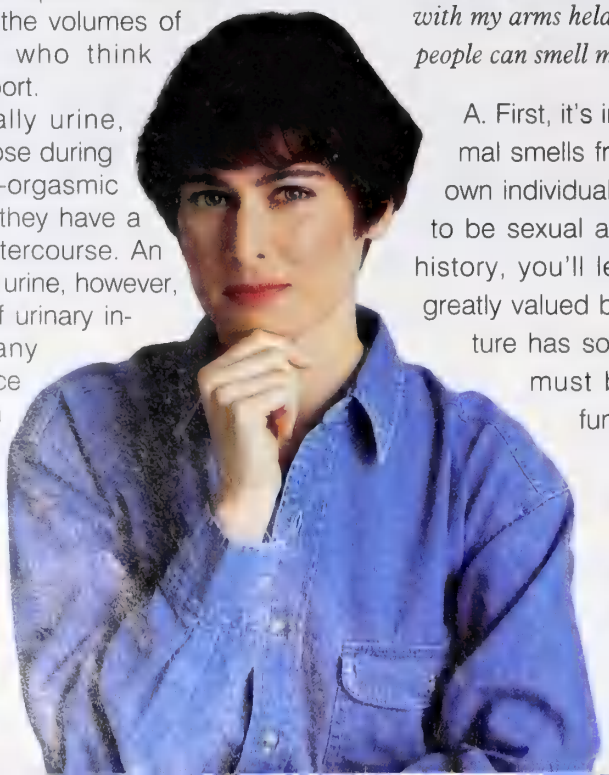
My daily radio show is heard by millions of people in more than three hundred cities across the U.S. Frequently, women call in questions on health issues that they're hesitant to discuss with their mates, friends—or even their own physicians. Here, my answers to ten such "embarrassing" questions.

Q *When I have an orgasm, I squirt lots of fluid, yet I've heard some doctors say that women are not able to ejaculate. How can that be?*

A. Well, I'm afraid I'm one of those doctors. There is no gland in the female reproductive tract capable of releasing the volumes of liquid that women who think they're ejaculating report.

The fluid is actually urine, which some women lose during orgasm or in the pre-orgasmic phases, especially if they have a full bladder before intercourse. An involuntary leakage of urine, however, can also be a sign of urinary incontinence (UI). Many women suffer in silence with this condition because they're ashamed to talk about it or they believe it's an inevitable result of childbirth or aging, or because they think there's no cure. But left untreated, UI can worsen.

So if you're also losing urine while exercising or when you cough, sneeze, or lift a heavy object, you really should see a physician. There are a variety of therapies that can help you regain bladder control, including techniques that strengthen the muscles surrounding the urethra and the vagina.



BY DEAN EDELL, M.D.

Q *Although I use antiperspirants every day, I still have awful body odor. I walk around with my arms held tightly to my sides, because I'm afraid people can smell me. What can I do about this?*

A. First, it's important to distinguish perfectly normal smells from bad body odor. We all have our own individual scents that are designed by nature to be sexual attractants. If you read a little erotic history, you'll learn that armpit odors were once greatly valued by lovers. But modern American culture has sold us on the idea that these smells must be scrubbed, deodorized or perfumed out of existence.

On the other hand, there are people who do have offensive body odor as a result of a bacterial breakdown of substances secreted by glands. You can try to kill the malodorous bacteria by dabbing on plain rubbing alcohol *(continued)*


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uestions you can't ask your doctor

ntinued

addition to deodorant or instead of it). t apply it sparingly to avoid irritating ur skin.

If that doesn't help, some dermatolo- ts are now prescribing roll-on antibi- cs to control problem underarm odor as ll as extremely smelly feet.

Q *I have dreadful cellulite on my buttocks and thighs. I recently read about a new cream to get rid of it. es it really work?*

I'm afraid not. Products that claim to nish cellulite have probably made more oney for scam artists than any other ms I can think of.

Myths abound about the origin of cel- ite. You may have heard that coffee, al- hol, cigarettes or other toxins are ıses. If this were true, it would be hard explain why babies have so much of the npy fat: Just squeeze a newborn's bot- n and you'll see cellulite. The hard-to- dge pudge and dimpling is caused by ls engorged with fat and by fibers that sscross these cells and pull the skin wn toward deep tissue layers, causing t cottage-cheese look.

You may be able to minimize cellulite keeping your weight under control d by exercising, but unfortunately, re's no way to get rid of it completely. me doctors are using a version of lipo- ction to combat it. Frankly, though, e before and after pictures I've seen n't that impressive.

Q *My vagina gets swollen, itchy and red whenever my husband uses a condom. Is it possible to be rgic to them?*

Yes, it is. In fact, because protective ber gloves are now used quite fre- ently, there have been many reports medical journals about latex allergy ely. Both health-care professionals d their patients are complaining of al- gic reactions.

It isn't always the rubber itself that ıses the problem—there are a variety of emicals used in the manufacturing pro- s that can be irritating. By the way, you y also be allergic to any spermicides d lubricants you use.

If you are having a reaction to the con- ms, there are non-latex prophylactics the market; however, they can be hard find. You can try using a lambskin con- m over one that is latex, but that will down on sensitivity. (I don't recom- nd lambskin alone for anyone, because thought the AIDS virus can pass ough it.)

You might also consider the new fe- le condom, which is non-latex and pervious to the AIDS virus. This condom should be widely available soon.

Q *I'm going through menopause and am experiencing vaginal dryness. My husband and I are concerned because intercourse has become very painful. Is there any product that will help?*

A. The decline in your body's supply of estrogen is what's causing the vaginal tissue to become dryer and less elastic. But there are a number of things you can do to fight that: First, avoid dehydrating substances such as antihistamines, alcohol and coffee. Longer, more leisurely lovemaking may also aid natural lubrication, or you can buy lubricants specifically formulated for vaginal dryness. Finally, you might want to discuss the feasibility of estrogen-replacement therapy, which helps reverse the problem.

Q *I have terrible breath, but my dentist says my teeth and gums are fine. I also have lots of allergies, including hay fever. Could that have any effect on my breath?*

A. The most common cause of bad breath, after dental and gum problems, is dryness of the mouth. Since you have hay fever, you may be doing a lot of mouth breathing, which dries out saliva and prevents its normal cleansing activities. Saliva is also depleted by many medications, including allergy pills, cough and cold remedies, antidepressants and tranquilizers.

If you notice that your breath is worse during allergy season, nasal sprays can help you keep breathing through your nose. But follow the directions for these products carefully, or you can make matters worse. Chewing gum also helps prevent dry mouth.

Q *I have a milky discharge from both of my breasts. Could this be cancer?*

A. In most cases, breast discharge is not a sign of cancer. This fluid can be triggered by puberty and menopause, sexual stimulation, or even when nipples rub against clothing while jogging. Some women who have adopted a baby are actually able to produce milk by using breast pumps and self-stimulation.

Prescription medications such as birth control pills, antihypertensives or tranquilizers can cause breasts to leak, too. But sometimes women develop a milky discharge from the breast along with other symptoms, like hairiness and menstrual irregularities. If that's the case, you could have hormonal abnormalities. Nipple discharge that is a result of breast cancer is usually not milky, nor does it typically affect both breasts. My guess is that you're fine, but you *(continued)*

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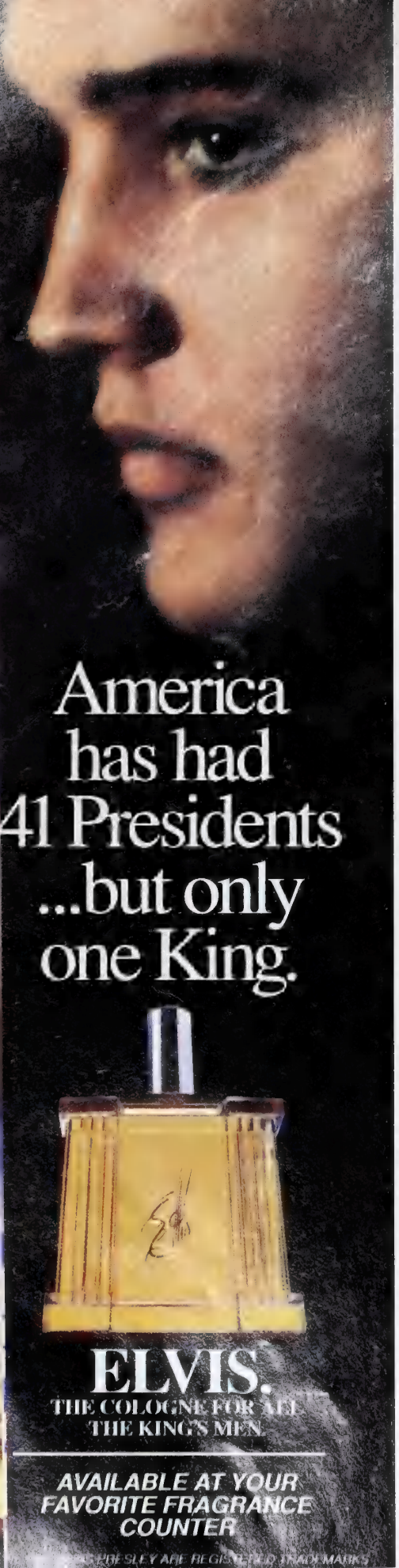
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Questions you can't ask your doctor

continued

should definitely check with your doctor.

Q *I have inverted nipples, and I'm concerned about breast-feeding. Will this be a problem?*

A. There are women with severe cases of inverted nipples who do indeed have trouble breast-feeding because the milk ducts are too short. It's difficult to advise you at this point. Most obstetricians would recommend waiting until you're pregnant to see if the hormones in your body cause the nipples to pop out. If this does not happen, lactation consultants can recommend exercises that might help. Also, there is a type of surgery in which small incisions, made on the side of the nipples, allow the nipple to evert, but that may interfere with breast-feeding and nipple sensation.

Q *I am embarrassed about genital smells. I've been to my gynecologist three times, but she says I do not have any infections. Will douching help?*

A. If your gynecologist says your reproductive tract is healthy, I don't think you should do anything. Many women are self-conscious about genital odors because they're brainwashed by our squeaky-clean culture. Most men will tell you that they not only don't mind these scents, but that they're a natural turn-on. Ask your sexual partner what he thinks.

Douching will mask odor temporarily, but this practice has come under fire: Health experts have linked it to pelvi flammatory disease—a major cause c fertility—and to a heightened ris cervical cancer.

Q *I noticed that when I hit my thirties, dark hair started gro on my chin and above my lip. is this happening?*

A. You can probably blame fluctu hormones. Facial hair often sprou women—especially those with Sout European and Middle Eastern an tries—approach middle age or m pause. Around this time, level estrogen decline and no longer bloc hair-growing effects of male hormone

Other types of hormonal abnormal spurred by pituitary or ovarian gro result in hair growth on the chest lower abdomen, as well as in acne a disruption of menstrual periods. A c tion of this nature requires imme medical attention.

Many perfectly healthy women, ho er, are simply hairier than they'd li be. Usually they're bothered by growth on the face, arms and legs. T are some new medications that can re hairiness, but most doctors are cons tive about using them because they having extra hair isn't serious enou prescribe drugs that may cause ad side effects.

I think shaving is a very under treatment for facial hair, but other op include plucking, bleaching, electr and using depilatories.

Dean Edell, M.D., also hosts a daily talk show, "Dr. Dean," on NBC-TV.

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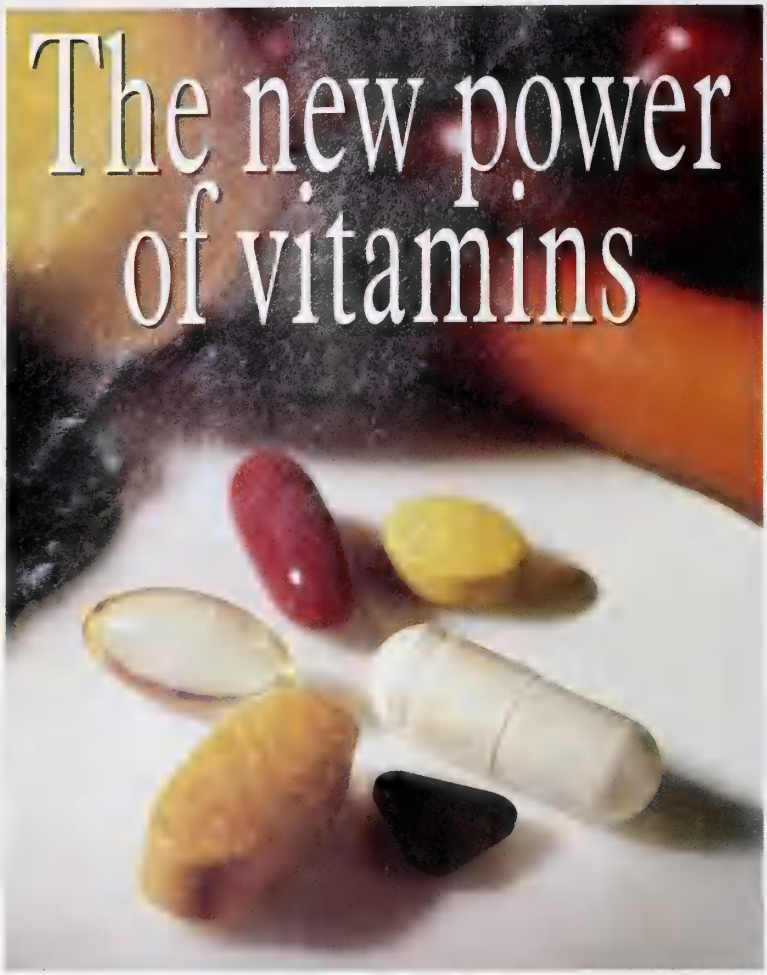
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025

The new power of vitamins



Can supplements help boost immunity and prevent disease? A lot more doctors now say yes

BY MIRKA KNASTER

Anyone who still believes you can't have too much of a good thing hasn't shopped for vitamins lately. Stop in any drugstore, health-food emporium, or supermarket and you're very likely to be confounded by shelf after shelf of vitamins and minerals: The Rite-Aid drug chain alone, for example, carries 175 varieties. The choices seem endless. Should you pick a multivitamin—and if so, should it be the stress formula? Can the kids take one with iron? Maybe you should add an extra dose of calcium—with or without vitamin D? How about vitamin C? Is 1,000 milligrams adequate—or too much? And are time-release capsules better than pills?

Or maybe you should just skip the whole thing and prepare perfectly balanced meals instead?

What's a well-meaning consumer to do?

Relax. After years of treating supplements as only slightly more necessary than snake oil, mainstream medical experts are finally starting to recognize that vitamins have value and to offer guidance on what to take.

What caused their double take is a growing body of research suggesting that nutrients—sometimes at levels well above the Recommended Dietary Allowances (RDAs)—may help combat cancer, heart disease, cataracts and birth defects, as well as slow the effects of aging.

A new respectability

Last February, the prestigious New York Academy of Sciences held a conference for researchers to share their findings on the potential health effects of vitamins. "The fact that it was held at all indicates a major shift in scientific opinion regarding the role of vitamins in disease prevention," says C.E. Butterworth Jr., M.D., professor of nutrition sciences at the University of Alabama at Birmingham.

Scientists at the University of Texas M.D. Anderson Cancer Center research division certainly seem convinced. They've formulated ONDROX, a tablet containing forty-five ingredients shown in animal studies to inhibit cancer, increase longevity, and protect against cardiovascular and immunological disorders. The supplement will be available this month in pharmacies and health-food stores.

"There's provocative and compelling evidence that the most protective level of nutrients may be achieved through supplementation," says Jeffrey Blumberg, Ph.D., associate director of the U.S. Department of Agriculture (USDA) Human Nutrition Research Center of Aging at Tufts University, in Boston.

In light of the latest *(continued)*

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Read and follow label directions

(continued) research, even some longtime skeptics seem to be won over. "I was in front of the band of naysayers," admits Godfrey Oakley, M.D., director of the division of birth defects and developmental disabilities at the Centers for Disease Control, in Atlanta. "But I changed my mind when I saw that folic acid can prevent certain birth defects."

Vitamins with clout

Vitamins, organic substances that are essential for normal metabolism and growth, help regulate protective chemical reactions in the body. Scientists have long known that these compounds prevent deficiency diseases such as scurvy, rickets, beriberi, pellagra and night blindness, which are virtually unknown in the U.S. today because of improved diet and fortified foods. But over the years, a variety of nutrients have been touted by health authorities and vitamin faddists alike to have quasi-miraculous powers against other ailments. The most popular assertions are that vitamin C quashes colds; vitamin B6 allays the symptoms of PMS; and vitamin E counters infertility in women.

Though studies failed to prove such claims definitively, health-conscious Americans boosted supplement sales to $3 billion in 1990, more than doubling revenues since 1976. And now, it turns out, the boomers' faith in vitamins as vanguards of preventive medicine may be justified.

Consider some recent studies:

The antioxidant compounds Vitamins C and E and beta carotene (a compound, plentiful in dark-green and orange vegetables, that the body can convert into vitamin A) have been shown to provide the most pronounced benefits by counteracting unstable molecule particles called free radicals. These chemicals, which are produced by the body and also formed in the environment, can damage cells and promote heart disease, cancer and other disorders.

Antioxidants may help prevent heart disease—the nation's leading killer—by inhibiting LDL (low-density lipoprotein, or "bad" cholesterol) from oxidizing and forming fatty deposits on artery walls, notes Ishwarlal Jialal, M.D co-director of the Lipid Clinic at th University of Texas Southwestern Med cal Center, in Dallas.

In an ongoing Harvard Medical Scho study, male doctors with heart conditio who took 50 mg of beta carotene eve other day had fewer heart attacks, strok and deaths related to heart disease th those who did not. Charles Henneker M.D., professor of preventive medicine Harvard Medical School, found, too, th elderly people who ate vegetables high beta carotene had a lower risk of dyi from heart disease and that women w consumed beta carotene– and vitam E–rich diets (and/or took supplements these nutrients) had 22 percent fewer c diovascular problems.

According to Gladys Block, Ph.D., epidemiologist at the University California at Berkeley, a summary of m than ninety studies suggests that high tamin C intake significantly reduces t risk of cancers of the oral cavity, esop gus, stomach and cervix. *(continu*

MILLIGRAMS OF PREVENTION

VITAMIN*	SIGNS OF DEFICIENCY	POTENTIAL HEALTH EFFECTS	BEST DIETARY SOURCES
Beta carotene (converts to vitamin A in the body). U.S. RDA not established	None documented	May lower the risk of heart disease, stroke, cancer of the mouth, cervix, endometrium, lung. May slow the development of cataracts	Dark-green leafy vegetables: spinach kale, Brussels sprouts, asparagus. Yellow and orange vegetables and fru carrots, sweet potatoes, winter squas cantaloupe, apricots
B6 2 milligrams	Anemia, skin and neurological problems	May help the body fight infectious diseases	Chicken, fish, kidney, liver, pork and eggs. Also, unmilled rice, soybeans, oats, whole wheat products, peanuts and walnuts
Folic acid (a B vitamin) 400 micrograms	Anemia, weakness, irritability, cramps	Can lower risk of certain birth defects and may reduce risk of cervical cancer	Liver, yeast, leafy vegetables, legume oranges
Vitamin C 60 milligrams	Scurvy, bleeding gums, easy bruising	May reduce the risk of heart disease, high blood pressure and cancers of the mouth, esophagus, stomach, cervix, endometrium, rectum, breast and lung. May lower the risk of cataracts	Green and red peppers, collard gree broccoli, spinach, tomatoes, potatoe strawberries, oranges and other citrus fruits
Vitamin D 10 micrograms (400 IU)	Rickets (bone softening)	Can help prevent osteoporosis and may suppress the growth of cancer cells	Fatty fish, liver, egg yolks, fortified milk. Also, sunlight
Vitamin E 30 IU	Reproductive failure, muscular dystrophy, neurological abnormalities	May reduce the risk of heart disease and stroke; may help the body fight infectious diseases and cancer. May protect against cataracts.	Whole grain cereals, eggs, vegetable oils, enriched flour, leafy greens, whe germ, nuts
Vitamin K U.S. RDA not established	Excessive bleeding	May help prevent osteoporosis	Green leafy vegetables, milk and dai products, meats, eggs, cereals, fruits and vegetables

*U.S. Recommended Daily Allowance (U.S. RDA)

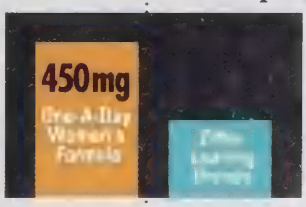
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ORTANT OSTEOPOROSIS INFORMATION: "Osteoporosis affects older persons, especially middle-aged, white women and those se families tend to have fragile bones in later years. A lifetime of regular exercise and eating a healthful diet that includes enough calcium, ecially during teen and early adult years, builds and maintains good bone health and may reduce the risk of osteoporosis later in life quate calcium intake is important, but intakes above about 1800 mg are not likely to provide any additional benefit."

MILES

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The new power of vitamins

continued

Other reports show that beta carotene, alone or in combination with vitamins E and C, can *reverse* the growth of oral leukoplakia, a precancerous condition.

The eyes may also be protected by antioxidant nutrients. People who took 300 mg to 600 mg of vitamin C (that's five to ten times the RDA) and 400 International Units (IU) of vitamin E (forty times the RDA) showed a 50 to 70 percent lower risk of developing cataracts.

Vitamin C alone may increase longevity. By analyzing data on the vitamin C intake of 11,348 adults, James Enstrom, Ph.D., an epidemiologist at the University of California in Los Angeles, found that women getting 50 mg of vitamin C in their diets and taking a vitamin C supplement were 25 percent less likely to die of cardiovascular diseases. These women also lived about one year longer than women who consumed less than 50 mg of vitamin C in their diets. Men taking the higher amounts of the nutrient had a 45 percent lower death rate from cardiovascular disease and lived up to five years longer than men consuming less than 50 mg. Benefits for women may be more limited because they already live about seven years longer and have less cardiovascular disease than men.

Folic acid Scientists at the University of Alabama at Birmingham have found that folic acid (folate) may help block dysplasia, an early stage of cervical cancer. "Even mild folic-acid deficiency, a condition that has no detectable symptoms, appears to promote dysplasia," says Butterworth.

Women in seven countries who took daily doses of 4 mg (twenty times the RDA) of folic acid prior to becoming pregnant and on through the twelfth week of pregnancy reduced by 72 percent the risk of having a baby with neural tube defects.

Vitamin E has shown an ability to brace the immune system, an edge that may guard against infectious diseases. A majority of healthy people over age sixty who took 800 IU (eighty times the RDA) of vitamin E daily for a month had significant increases in immune responsiveness.

Vitamin B6 Similarly, the immune systems of older people deficient in vitamin B6 were normalized with supplementation at levels above the RDA.

Vitamin K A Dutch study showed that vitamin K given to postmenopausal women inhibited the loss of calcium in the urine, which may be linked to loss of bone mass and osteoporosis.

The health bounty of food

Experts agree that it's best to get nutrients from a varied, balanced diet because food contains protein, fatty acids, carbohydrates and fiber, as well as vitamins and minerals. Food also includes some nutrients not yet in pills; earlier this year, for instance, researchers from Johns Hopkins isolated an ingredient in broccoli, called sulforaphane, that protects cells against cancer-causing molecules.

However, even the most steadfast food-is-best ally admits that very few of us eat the proper diet. According to a 1990 analysis of government data by the National Cancer Institute (NCI), only 9 percent of those people surveyed had eaten the recommended two servings of fruit plus three servings of vegetables in the previous twenty-four hours. "The proportion of the population meeting these guidelines is shockingly small," says Blossom Patterson, the study's lead investigator.

A USDA survey shows that the average intake for women ages nineteen to fifty for iron, zinc, magnesium, phosphorus, calcium and vitamins B6 and E was below the RDA. In many cases, people know what they're missing nutritionally but don't seem willing to change: The Am ican Dietetic Association found t 25 percent of respondents to a recent p said they do not eat a healthier diet cause keeping track of their food wo take too much time. And although 79 p cent considered nutrition importa 38 percent didn't eat better because t were unwilling to give up favorite foods

So for all these people and for th whose nutritional needs may be grea than average, including vegetarians, pr nant and lactating women, senior citize crash dieters, smokers or people w chronic illnesses, a basic mu vitamin/mineral formula containing ab 100 percent of the U.S. Recommen Daily Allowances (U.S. RDA) is a g idea. Women who are not getting a quate calcium should also consider tak a calcium/vitamin D suppleme "Vitamin D is essential because it p motes the absorption of calciu Blumberg says.

So-called stress vitamins—basica higher-potency preparations—hint t somehow, mental anxiety can be trea with a special vitamin. While that is true, these vitamins are safe for pe who want higher dosages.

Proceed with caution

But vitamins aren't miracle pills; for thing, they can't counteract a lifetim bad habits, cautions Blumberg. "The no doubt that a diverse diet, low in fat high in fiber, vitamins and mineral absolutely critical."

And although some pro-vitamin g advocate popping megadoses (loosely fined as between ten and one thous times the U.S. RDA, depending on nutrient), that can cause adverse sid fects, Blumberg warns. Vitamins C a and beta carotene seem to be safe at plementary intakes of up to five o

The battle over the U.S. RDAs

It's ironic that at a time when research results seem to indicate that higher levels of nutrients may help prevent chronic diseases, the Food and Drug Administration (FDA) has proposed using a new method of calculation that will, in many cases, indicate lower levels of nutrients. According to the FDA, the revised approach will "give consumers a more unified measuring stick to compare the content of all labeled nutrients among different foods."

The FDA bases its current U.S. Recommended Daily Allowances (U.S. RDAs)—standards for vitamins and minerals found on food labels—on data from the National Academy of Science's Recommended Dietary Allowances (RDAs). When the FDA created U.S. RDAs twenty years ago, the agency determined most of them according to the needs of the population group whose requirements were highest.

The newly suggested Reference Daily Intakes (RDIs) will represent, instead, *average* levels for vitamins, minerals and protein. The U.S. RDA for iron, for example, targets young women who require 18 mg of the mineral. In comparison, the RDI for iron, reflecting a population-adjusted average of all age and sex groups, would be listed as 12 mg.

But the switch is strongly opposed by the American Me Association, consumer advocates, food manufacturers, as as the nutritional-supplement industry. "The FDA is tryin lump together the needs of a four-year-old with those of a fessional football player," says C.E. Butterworth Jr., M.D., o University of Alabama, Birmingham.

Of course, experts are not unanimous in their opinions. American Dietetic Association (ADA) supports the FDA. "S of the criticisms are led by interest groups concerned sales of nutrient supplements," says Judith Dodd, M.S., president of the ADA. "Many of today's health problems ar lated more to overconsumption of fat and cholesterol th lack of nutrients."

But Jeffrey Blumberg, Ph.D., of Tufts University, argues the proposed new official standards will weaken the integr the food label. "People will see it's out of sync with what need." Forty-one scientists, nutritionists and health profes als issued a position paper to the FDA urging it to drop its haul of the U.S. RDAs.

The FDA is expected to make a decision this fall.

mes the RDA; but very high doses of vi-
min C can cause diarrhea and stomach
ritation, and too much beta carotene
n give the skin a yellow tinge (as can
erindulging in carrot juice).

Other vitamins and minerals can actu-
y be toxic: 500 mg to 1,000 mg of vita-
in B6 may cause tingling and numbness
the limbs (almost always reversible);
o much of vitamin D or A—the kind
at is already formed, not beta carotene,
hich turns into vitamin A in the body—
n harm the liver; and selenium and
pper can be harmful in extra-large dos-
as well.

According to Blumberg, however, you
ally have to work at it to overdose.
Unwanted side effects from vitamins do
ot occur from a single dose. A person
ould have to take daily megadoses for
out six months. Most adverse reac-
ns are from intravenous injections giv-
by doctors."

While research on specific nutrients
oceeds, here's how you and your family
n take safe advantage of vitamin power:

Evaluate and improve your diet. Are
u eating two to four servings of fruits
d three to five servings of vegetables
ily? Do you include six to eleven help-
gs of whole grains and cereals? Have
u cut back on fat, sugar and salt?

Assess your health status to determine
ether you have greater than average
tritional requirements and need sup-
emental vitamins and minerals.

Unless your doctor advises against it,
ke a multivitamin/mineral that con-
ns about 100 percent of the U.S. RDA
vels. Says Patricia Hausman, M.S.,
N., former staff nutritionist at the
nter for Science in the Public Interest,
t will support the nutrients you get
rough eating and minimize the ill ef-
ts from days when it's difficult to con-
l what you eat. It's far riskier for the
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y than to take it." ■

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ge 35 Left: model, Sue Henry of Ford Today's Woman; zer and stirrups, Liz Claiborne Petites; T-shirt, The o; shoes, Ralph Lauren; earrings, Carolee. Right: mod- Stacia of Mode; sweater, 525 Made in America; skirt, Jax; necklace, Antigona; shoes, Fratelli Rossetti. rts In hands: left, Kors; right, Nicole Farhi. **Page 40** t: dress, Kors; bag, Adolfo; bracelet, Carolee; earrings, ne Klein; shoes, Larry Stuart. Center: model, Penni ersma of Paulines; blazer, Mr. Jax; leggings, Jay age; turtleneck, J. Crew; watch, Timex; earrings, Peter ms Designs (14K); sunglasses, Anne Klein II. Right: zer, J.H. Collectibles; skirt, Paul Alexander; bodysuit, Savage; shoes, Phyllis Poland; bracelet, Anne Klein; rings, Jay Strongwater. **Page 43** Top left: pajamas, oks Brothers. Center: jacket, Dana Buchman; body- , Anne Klein A-Line; earrings, Rokoff. Bottom left: leo- l and shorts, Dance France. **Page 44** Bottom: jacket, ne Klein II; glasses, Alain Mikli; shirt, A.P.C. at Galeries ayette, NYC; earrings, Agatha.
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92 Princeton Gallery

TIGER CUB by Qua

NEW INSIGHTS INTO ENDOMETRIOSIS

Endometriosis, one of the leading causes of infertility, may be linked to a faulty immune system, according to a growing body of research.

The endometrium, or uterine lining, is shed each month during menstruation. Endometrial tissue that is not expelled drifts into the abdomen through the fallopian tubes. According to W. Paul Dmowski, M.D., medical director of the Institute for the Study and Treatment of Endometriosis, in Chicago, one theory holds that in women with endometriosis, macrophages—immune-system blood cells that normally destroy wayward endometrial cells—fail to do their job. As a result, endometrial tissue adheres to internal organs, where it piles up, swells and ruptures, often causing excruciating pain and infertility. Other research on macrophages, conducted by Alex Steinleitner, M.D., a reproductive endocrinologist at California Pacific Medical Center, in San Francisco, has found that they inhibit fertility by churning out chemicals that block sperm.



But the good news for the five million women who suffer from the disorder is that the latest findings will lead to improved treatments. Steinleitner is now conducting clinical trials of Trental, a drug that seems to normalize the activity of macrophages, thereby restoring fertility and reducing pain. And Dmowski is in the process of developing a diagnostic blood test for endometriosis. —CHERYL PRINCE

Rub-on relief for hot flashes

Researchers at the University of Southern California School of Medicine, in Los Angeles, have found that a new gel form of estrogen, called Oestrogel, significantly alleviates symptoms of menopause. Investigators studied a group of thirty-nine healthy women who were having hot flashes. Twenty-one applied the gel to their upper arms and shoulders each morning. The others used a placebo.

The gel had several beneficial effects: Ninety-five percent of the women using it experienced fewer, and less severe, hot flashes compared with 39 percent of those in the control group. Thinning of the vaginal lining was reversed in 100 percent of the treatment group but continued in roughly a third of those in the control group. Also, the gel maintained blood levels of estrogen sufficient to protect against osteoporosis in all those who used it. Adverse reactions were minor—breast tenderness was reported by five of the women using the gel.

Oestrogel may be easier for some women to tolerate than other forms of estrogen-replacement therapy (ERT), says the author of the study, Charles March, M.D., professor of obstetrics and gynecology. In pill form, ERT can cause stomach upset and may damage the gallbladder or, very rarely, the liver, while estrogen patches don't work well for some women and can irritate the skin, and vaginal creams are messy. The gel, which is available in Europe, is now being evaluated by the Food and Drug Administration for approval in the U.S. —SALLY SQUIRES

HERPES UPDATE

A drug frequently prescribed to control mood swings in manic-depressives may also alleviate genital herpes. Doctors at the University of Pennsylvania were able to reduce the severity, duration and number of recurrent genital herpes outbreaks in women by treating them with low doses of lithium. This new therapy may provide relief for the approximately 20 percent of herpes patients who fail to respond to acyclovir, a drug commonly used to treat the virus.

In another study, at Stanford University, researchers found that among a group of 467 expectant parents, about a third of the men and women were infected with genital herpes (HSV-2), but more than half of those carrying the virus didn't know it. Such a lack of awareness can have tragic repercussions: Among women who become infected with HSV-2 by their partners during a pregnancy, there is a high rate of death and illness among their newborns.

Currently, the test that detects HSV-2 antibodies is available primarily to medical researchers. But the Stanford scientists are urging that it become a routine part of prenatal care so that steps can be taken to prevent transmission to infants.

—JOAN LIPPERT

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Abortion: Readers speak out



In April, the Journal published a report on abortion, as well as an accompanying poll. Thousands of you wrote and called to register your opinion on this explosive issue. Here's what you told us



AS THE U.S. SUPREME COURT NEARED A LANDMARK ABORTION-RIGHTS DECISION, PARTISANS ON BOTH SIDES OF THE ISSUE POURED INTO THE STREETS FOR ANGRY PROTESTS. ABOVE AND RIGHT, PRO-LIFE AND PRO-CHOICE DEMONSTRATORS OUTSIDE A CLINIC IN BUFFALO, NEW YORK

BY THE EDITORS OF LADIES' HOME JOURNAL

By the time you read this, the U.S. Supreme Court may well have issued a ruling in the case of *Planned Parenthood of Southeastern Pennsylvania* v. *Casey*, a ruling that could substantially limit the access to abortion established by the landmark *Roe* v. *Wade* case. No matter what the justices' decision, however, the battle over abortion rights will continue: in Congress, where pro-choice advocates are pressing for the passage of the Freedom of Choice Act; in the state legislatures, where both sides foresee a long, tough fight; and in the streets, where activists face off in heated, occasionally violent confrontations.

The conflict continues, too, in the hearts and minds of individual women, the group that is unquestionably most affected by the abortion-rights controversy. As part of our report earlier this year, we thought it was essential to give women an opportunity to register their opinions, and so we offered our readers the chance to take part in a telephone poll. This poll, like all others, was not perfect. We realized that activists on one side or the other might flood the telephone lines. But we felt that it was a chance worth taking in return for an opportunity to hear what our readers had to say. (For complete poll results, see box, page 108.)

Still, mere numbers cannot tell the story of individual beliefs about and experiences with abortion. Following is a sampling of the hundreds of letters we received. Some are poignant personal stories; others state general ethical or political principles; many cannot be easily categorized as either pro-choice or pro-life. But all show a passionate willingness to think deeply about the most complicated social issue of our day. Here is what our readers had to say.

In China, the government can force a woman to have an abortion. It looks like our government may soon be able to force the opposite choice on its *(continued)*

"It's only heartburn, I should learn to live with it.....right?"



ATTENTION HEARTBURN SUFFERERS

It's time to talk to your doctor.

Take the heartburn test.

Do you experience these symptoms?	Yes	No
1. Frequent heartburn attacks	☐	☐
2. Frequent use of antacids	☐	☐
3. Heartburn waking me up at night	☐	☐
4. An acid or bitter taste in my mouth	☐	☐
5. Burning sensation in my chest	☐	☐
6. Discomfort after eating spicy foods	☐	☐
7. Difficulty swallowing	☐	☐

If you experience one or more of these symptoms frequently, talk to your doctor. Frequent heartburn may be a sign of a more serious medical problem. Your doctor has treatment plans that can help.

Frequent heartburn. Isn't it time you talked to your doctor?

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female citizens. Which country is right? Neither! These are two sides of the same coin: The right-to-lifers are right, because the baby *is* a baby. But the pro-choicers are right also, because *no* government should have that kind of control. Shades of Big Brother!

The answer is education and support. Talk to your kids! Teach your sons that responsibility is a two-way street. Tell your daughters they have the right to say no to sex.

—Name withheld
Vacaville, California

I had an abortion when I was fifteen, and I can honestly say I have yet to get over that part of my life, even though it has been thirteen years now. I know in my heart that I murdered my unborn child. I wish I would have had the courage to tell my mother (she was the one who forced me through it) that I wanted to give my child up for adoption instead. At least I would have given my child a chance at life. This haunts me today, even with my two children and my wonderful husband.

—Name withheld
Illinois

I have always been fervently pro-choice . . . I am a thirty-six-year-old audiologist involved for thirteen years in South Bronx health care. Until [early April], I was happily expecting my third child. Then I was informed that prenatal testing indicated I was carrying a Down syndrome fetus. I knew immediately that I could not continue the pregnancy, and I went through the hell of a second-trimester abortion. But I knew that [the baby's being born] was not right for me, my family or the baby herself. Although I deeply mourn the loss, I am thankful I was able to do what I did.

My personal tragedy has moved me to speak out. I hope enough others will see the need for this so our right to choose what happens to our bodies, and our lives, will continue to be ours.

—Nancy Heaps
Paramus, New Jersey

I found out I was pregnant two weeks before I graduated from high school, in June 1983. In August, I left for college, as planned. During my first term, I talked to a Planned Parenthood counselor. She explained why I was doing the wrong thing in choosing to continue my pregnancy—my age [eighteen], that I would not be able to finish college, that I would end up on welfare, that both the baby and I would be miserable. She never mentioned the word *adoption* . . . After completing my first school term, I gave birth to a beautiful and healthy baby boy. I named him Jonathan. When he was eight weeks old, I resumed my education, this time at a local community college. Determined not to fulfill everyone's prophecy for me, I never consumed one welfare dime.

Today, my life has stabilized. All my debts are paid. I am saving for a down payment on a house. I am still single. I am so happy that I chose life and not death for my son. Yes, it was difficult those first years. [But] when I look into his smiling blue eyes, I know it was worth it all.

—Connie Loop
Gladstone, Oregon

During the Depression, my mother had made a desperate choice to perform an abortion on herself. My father and she were having great difficulty feeding themselves and two children, and she saw this act as a solution. A few days later, she developed a high fever. When the doctor came to the house, he advised her to go to the hospital—and under no circumstances mention his name.

They placed her on a bed in the ward hall. A student nurse asked the floor nurse to give this woman something for her pain. The older nurse replied, "She gets nothing, and if she dies, that's what she deserves." Telling the story, my mother winced with pain and shame. I was enraged. How dare they treat inhumanely this person I call Mother?

A few years ago, my daughter returned home from college. In the evening, she wrapped her arms around me and said, "Oh, Mommy." My intuition prepared me for her news. All I could muster was a controlled hug and a comment, "You will have to take care of this." She clearly heard my covert message—"I cannot support you if you choose to carry the pregnancy."

I went with her for the abortion. To this day, she has trouble forgiving herself for being human and me for not speaking the choice she needed to hear, which would have been to have the baby.

My family experience defines abortion for me. I do not believe in abortion, but I adamantly believe in the right of a woman to choose a safe procedure. I also believe that we must find ways to emotionally support her as she lives with the consequences.

—Virginia Humestone
Fairfield, Connecticut

I don't know if abortion is right or wrong. I do know that I do not have the right to make that decision for someone else. I also know that the government has no right to make that decision either. As far as the government is concerned, its interest in abortion should be the same as its interest in any other type of surgery—to guarantee that it is performed by licensed practitioners in a sanitary, safe and medically viable environment. Period.

I want to see a much more consistent effort made in this country to provide nonjudgmental sex education and birth control information to everyone who needs it. To deny our human sexuality by pretending it does not exist is what has led us to some of the worst manifestations of that sexuality—incest, child sexual abuse, child pornography, and rape.

—Helen P. Rigg
Arlington Heights, Illinois

I am, to say the least, anti-abortion. Yes, I believe a woman has the right to say what happens to her body . . . We have the right to practice birth control before we take the steps it takes to conceive a child! Instead of funding abortions, take the money and teach birth control and provide funding for adoption agencies. Once we have conceived, that is a life. . . . Are we so self-centered as to think that only we are the important one involved in a pregnancy?

—Betty Hackstedt
Worth, Illinois

Thank you for providing a balanced article on abortion. As a young single woman who is definitely opposed to abortion, I am often infuriated at the way the media consistently side with the pro-choice viewpoint.

Those of us who do value every human life, who feel that every baby has a right to be born, and who abhor the concept that abortion can be used as a birth control option are usually portrayed as ultraconservative, insensitive fanatics. I commend you for the courage to print an article that presents both viewpoints fairly and also gives voice to women who are somewhere in the middle of the debate.

—Mitzi Sandman
Bronx, NY

THE POLL RESULTS

Total number of calls: 27,606

When should abortion be allowed?

In all cases	23.35 percent
In the first six months of pregnancy	8.38 percent
In the first three months of pregnancy	15.74 percent
Only in cases of rape or incest, or if the mother's life is endangered	16.27 percent
Never	36.26 percent

Should a woman be required by law to get her husband's permission before she can have an abortion?

Yes	49.56 percent
No	50.44 percent

Would you vote for a presidential candidate based solely on his position on abortion?

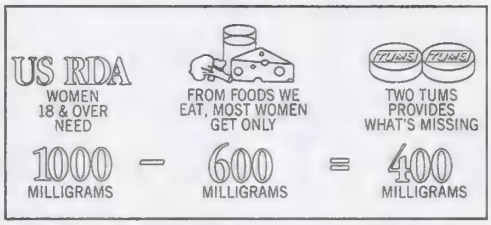
Yes	72.81 percent
No	27.19 percent

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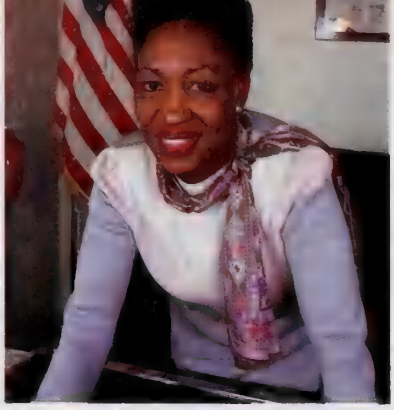
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Maxine Waters: Straight talk from South Central

What caused the most serious social unrest of this century? The legislator whose district went up in flames tells the hard truth about poverty, prejudice and injustice in America

When violence broke out last April following the acquittal of four white Los Angeles police officers in the beating of Rodney King, a black man, the nation faced a fearsome rage it knew very little about. One of the few politicians who had seen that rage building is Maxine Waters, fifty-four, now serving her first term in Congress. From 1976 to 1990, Waters was a state assemblywoman for South Central Los Angeles, the scene of the worst violence following the King verdict. (Ironically, her own district office was destroyed in one of the hundreds of fires that raged in L.A.)



APOCALYPSE NOW: MILLIONS OF AMERICANS WATCHED IN HORROR AND DISBELIEF LAST SPRING AS PARTS OF LOS ANGELES TURNED INTO SCARRED BATTLE ZONES

Waters's own story is that of success against difficult odds: One of thirteen children, she came to Los Angeles in 1960 from St. Louis, where as a teenager she had worked in a segregated restaurant. She got a job in a garment factory, worked in the Head Start program as an assistant teacher and then began working as a volunteer in a political campaign—a simple start to a career that would lead to her becoming one of California's most powerful black legislators. Along the way, she earned a degree from California State University, in Los Angeles. The mother of two children, Edward, thirty-six, and Karen, thirty-four, Waters is married to Sidney Williams, her second husband, a former pro football player who sells Mercedes-Benzes in Hollywood.

Although criticized by some for allegedly failing to condemn the violence in Los Angeles, she unquestionably commands as much respect on her district's tough streets as she does on Capitol Hill and the nation's airwaves. (Following the disturbance, she got as many as one hundred interview requests daily.) And now, even the White House seems to be listening to what Maxine Waters has to say: When President Bush held a meeting with Congressional leaders about the situation in Los Angeles, he failed to invite her. Undeterred, she marched up to his door and demanded to be let in. To no one's surprise, she was. Immediately.

Q. What caused the riot in Los Angeles?
A. First of all, I don't refer *(continued)*



Some Arguments For Nuclear Energy Are Smaller Than Others.

und the nuclear electric plant on Florida's tchinson Island, endangered wildlife ve a safe haven. The baby sea turtles ching on nearby beaches are more dence of the truth about nuclear energy: eacefully coexists with the environment.

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Still, more plants are needed—to help satisfy the nation's growing need for electricity without sacrificing the quality of our environment. For a free booklet on nuclear energy, write to the U.S. Council for Energy Awareness, P.O. Box 66080, Dept. TR28, Washington, D.C. 20035.

Nuclear Energy Means Cleaner Air.



Maxine Waters
continued

to it as a riot. A rebellion, even an insurrection but never a riot. Riot implies to me wild, crazed, uncalled-for actions, and I'm not so sure that's quite appropriate for what took place in Los Angeles. Even so, in an organized society, one would like to think that there is never cause for riot *or* rebellion. I do think that there were underlying causes that led to this rebellion.

Q. What are they?
A. The growing poverty and hopelessness of the inner cities. I have watched the increasing numbers of young males, black and Latino, who gather on the corners, hanging out with nothing to do. I've watched the growth of gangs, the increased criminal activity, the selling of drugs.

Q. Any other factors?
A. In this country, we have institutionalized racism. Because of that, public-policy decisions have not been made to help people who are considered invisible or less than human beings. These powerless people happen to be people of color. And it is usually people of power and wealth—white people—who make these decisions.

Q. Many people were horrified at the image of Reginald Denny, the white truck driver, being beaten by young men. What do you say to people who say that the King beating was horrible, but this was horrible, too?
A. Violence at *any* level is horrible. But our society should be more appalled by violence at *every* level. In the ghettos, children have been dying in drive-by shootings. It is appalling that we can accept, the way we have accepted, the killing of our young people. This [Denny's beating] is only one more appalling incident added to the scores of others that have taken place for far too long.

Q. You mentioned children being killed in drive-by shootings. Can you talk about the kinds of worries that mothers have in neighborhoods like South Central L.A.?
A. Children in these communities grow up seeing people die on the street corners, and they themselves dodge bullets. Mothers have to counsel their children constantly: Don't do this, don't do that, don't go outside to play. They have to be careful all the time, they have to not wear certain colors [of the L.A. gangs the Crips and Bloods] by mistake. These mothers are under constant pressure, trying to raise their children in this violent environment. They cannot escape it; they don't have enough money to go and rent a place someplace else. It is simply a nightmare.

Q. What can we do to solve this problem?
A. The Cold War is over now, and we have been sacrificing a lot of our dollars to an obscene military budget. Why don't we redirect some of those resources to get at the causes of this unrest? We can do that and not increase taxes. We need to view this problem the way we view the problem of how to deal with other nations. While we talk about assisting Russia and how they were going to have riots if they didn't get food, we must understand that the same conditions exist in our own cities.

Q. Are you saying that we have a potential war right here at home?
A. Right here at home. It's interesting that people who live in suburbia don't feel that, and I think they don't feel that because they oftentimes drive right past and don't have to see it.

Q. Would there have been less of a disturbance if, for instance, more people in South Central L.A. had jobs?
A. No; I talked [after the verdict] with many angry young folks who *are* working. And there are some angry young people out there. Why? The Rodney King beating crystallized for them what is wrong with America. They talked about the shame of it, the horror, the injustice. Young black males, many of whom are professionals, said everything that makes them feel bad about being a black man in America was depicted in that video. It doesn't make any difference whether you do good or bad, if you're a black man, you can have this happen to you.

Q. You're a success. What's your response to people who say you went to college and got a good job. Why can't everyone in South Central L.A. be the same?
A. Rather than worry about that, let's talk about solutions—immediate solutions—how we get these young people off the street, and then let's talk about what enables one person to make it and another person to not. There are a number of factors that make it tougher today. I think that we are seeing younger and younger parents; the children on the streets today are increasingly the children of parents who were fourteen and fifteen years old. Those parents really did not socialize their children in the same way that parents of my generation did. You also have drugs that have been introduced into our society, which people can have for very little money. You have an exportation of jobs to Third World countries, so there is less opportunity to work. All of these things have created more problems

for us. I and others who have made it are not the norm; we are the lucky ones, for whatever reason, with whatever support we've had and whatever strength we've had.

Q. You talk primarily about young black men in South Central L.A. What about the women?

A. The women are in a pretty desperate situation—single parents who are welfare mothers. But they almost seem better off than the men at this point. Mothers are left to care for the children. No matter what happens, we end up with the responsibility of raising the children. And the welfare system affords an opportunity to at least rent a house. The women live very desperate lives, poor lives, but they at least have shelter and a little money for food. The guys have nothing, because they're not the ones who accept the responsibility for the children.

So you have women who can't get off welfare because they don't have child care or job training. This country has not begun to meet those kinds of needs. We talk about wanting to get women off welfare, but we really have not developed the support systems by which to do that.

Q. What social programs would you like to see enacted?

A. Our struggle right now, in the Congressional Black Caucus, is to come up with a comprehensive package and not a Band-Aid approach. We're talking about expanding Head Start. I'd also like to see a juvenile-diversion program, so that if a kid gets in trouble for the first time, you have something that deals with him in ways that will keep that child from committing another crime so that he doesn't end up in the criminal-justice system for life.

Q. Will the events in Los Angeles spur the election of more black legislators to Congress?

A. Black people elect black and white people to Congress. Whites, for the most part, elect only white people to Congress. So our numbers are limited because the populations who will elect us are basically populations of color. I think it is incumbent upon white communities to try to elect people who will best represent the overall interests of this country and not play petty or false politics, or fan the flames of fear.

Q. Are blacks and whites farther apart than they were a few years ago?

A. Well, the instance of David Duke emerging, and almost getting elected, is scary. I think things like that happen because too many signals have been sent from the highest levels that it's all right to be against affirmative action, that it's taken away white people's jobs. All that has created a *lot* of polarization.

Q. So is there any hope of racial harmony in our lifetime?

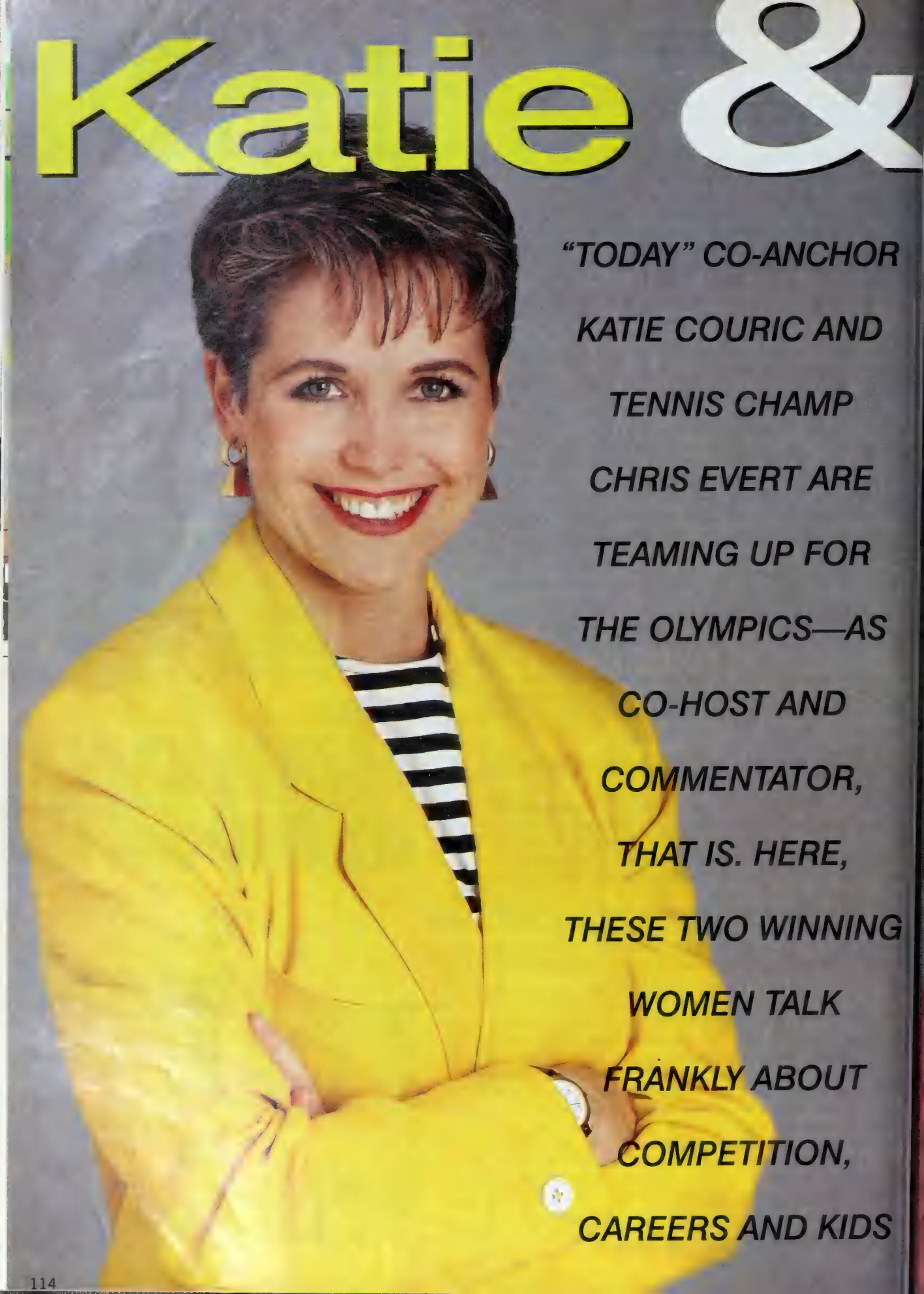
A. No matter how bad it is, we must be optimistic that people will believe in the power of people living together and respecting each other. No matter how hard it is, we can never give up. We must always believe that it can happen in our lifetime.

You know, people ask me about struggling in Congress, with the President saying we're not going to spend any money. I never give up the fight. I never believe that I can't win. I would like for mothers and fathers all over this country to let their elected officials know that they want a peaceful country where we can live in harmony with each other. And to demand that these officials rise to the highest levels and support education and public policy that we [need] to get us to that point.

If there's any story I would like to get out, it's the story that says, Don't think this is confined to those people and that I don't have to be concerned. *Everybody* in our society has to be concerned. Our human existence is one where we must be concerned about each other. This is not just an inner-city problem; this is a human problem. ■

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Katie &



"TODAY" CO-ANCHOR KATIE COURIC AND TENNIS CHAMP CHRIS EVERT ARE TEAMING UP FOR THE OLYMPICS—AS CO-HOST AND COMMENTATOR, THAT IS. HERE, THESE TWO WINNING WOMEN TALK FRANKLY ABOUT COMPETITION, CAREERS AND KIDS



Chris GO FOR THE GOLD

ALTHOUGH THE RETIRED SWEETHEART OF CENTER COURT AND THE REIGNING SWEETHEART OF EARLY-MORNING TV HAD BEEN SCHEDULED FOR MONTHS TO WORK TOGETHER ON THE SUMMER OLYMPICS, THEY HAD NEVER MET UNTIL THE JOURNAL INTRODUCED THEM LAST SPRING. OF COURSE THEY KNEW OF EACH OTHER AND LIKED WHAT THEY KNEW. YOU LOOKED BEAUTIFUL ON TV WHEN YOU WERE PREGNANT. I BLOATED UP," CHRIS THIRTY-SEVEN, TOLD KATIE WITH UNDENIABLE ENVY WHEN THEY MET IN A NEW YORK CITY PHOTOGRAPHER'S

(continued on page 172)

BY JOANNE KAUFMAN


ALL NU
DANCE
FANT
MOVIE
WOMEN AND

TODAY IT'S A BILLION-DOLLAR BUSINESS. BUT THE UNEASY QUESTION REMAINS: IS ITS PORTRAYAL OF WOMEN SEXY—OR SICK? A SPECIAL REPORT.

BY KATHRYN CASEY

PORNOGRAPHY

When Pat Haas, a forty-five-year-old resident of Brookline, Massachusetts, began dating Bob*, he seemed "warm, affectionate," she recalls. But Bob soon made some unusual sexual demands: First, he insisted that Haas sleep with another woman while he watched. Then, over a period of time, he became increasingly sadistic and even tortured Haas. If she resisted, he beat her and threatened to kill her. She had become his "sexual servant," Haas says; she had no will of her own.

Bob's ideas weren't original, Haas charges, but modeled after a sadomasochistic movie in his extensive collection of pornographic videos.

(continued on page 175)

**Name has been changed.*



ALICE WALTON



MADONNA

Some married it. Some inherited it. Some made it on thei



JOAN KROC



BARBARA JOHNSON

definitely arrived. Here, LHJ takes a closer look at th

THE RICHEST



ESTÉE LAUDER



ANNE BASS

wn. But no matter where they started, today they have



OPRAH WINFREY



LEONA HELMSLEY

untry's wealthiest women.

By Jeff Bloch

WOMEN IN AMERICA

We've all heard of wealthy men like billionaire Ross Perot, junk-bond king Michael Milken and the Rockefeller brothers, but just who are the richest women in America? A surprisingly diverse lot: A few have made—and are still making—their own multimillions, several inherited fortunes or married them, and some even got super-rich from divorce settlements. They're not necessarily the names you read about every day in the gossip columns, but their influence extends around the world: For example, Barbara Johnson, who inherited the bulk of her late husband's Johnson & Johnson fortune, once offered her reserves to prop up a major part of the Polish economy. Here's how these ten women, worth more than $8 billion, got their money—and are spending it.

Richest Woman

ALICE WALTON. Rogers, Arkansas, forty-three, divorced twice

It must be tempting, when you're the richest woman in America—worth upwards of $4.5 billion—to sit back and take it easy. But Alice Walton, daughter of the late discount-store king, Sam Walton, wasn't raised that way. "Business was family discussion around our dinner table," she has said. So the Wal-Mart heiress has taken a small piece of her fortune and turned it into what has been called "perhaps the fastest-growing woman-owned firm in the nation." Her Llama Co. (named for her pet) is an investment firm that underwrites debt for small businesses to help strengthen Walton's homestate economy and the surrounding region. Started in 1989, Llama showed its first profit last year, underwriting almost $950 million of debt and ranking as the sixth-largest underwriter in the nation for student loans.

Sure, the seed money came from her inheritance, but Walton knew how to take it from there. She majored in business at Trinity University, in San Antonio, Texas, then worked for a year as a Wal-Mart buyer before setting off on her own career as a stockbroker in New Orleans. She later returned home to Arkansas to help her three brothers manage the family fortune—and began her own. Her philosophy: "I firmly believe in the bottom line. I just feel that you can do a lot of good and have fun doing it."

Hardly frugal, Basia spent $15 million on an eighteenth-century Italian badminton cabinet in 1990.

Richest Self-Made Woman

ESTEE LAUDER. New York City, eighties, widowed

"Living the American dream has been intense, difficult work," beauty queen Estée Lauder has said. But make no mistake; the richest woman in America who made it all herself has lived that dream. This female Horatio Alger was born Josephine Esther Mentzer, the daughter of Czech-Hungarian immigrants, in Queens, New York. She began her career peddling skin creams that her uncle concocted. In 1953, she broke into cosmetics big time with her Youth Dew bath oil.

Since then, Estée, with her husband, Joseph, has built the most successful cosmetics business in the country, pioneering such brilliant innovations as store-counter makeovers and free gifts with each purchase. But the heart of the business—which now also includes Clinique, Aramis and other product lines—has always been Estée's long-lasting fragrances.

Her son, Leonard, now runs the company—worth an estimated $1.8 billion—while her other son, Ronald, has pursued a not-always-successful political career, and Estée herself may be the closest thing to American royalty. On her first visit to New York, Raisa Gorbachev wanted to meet *her*, and when Princess Diana dined at the White House in 1985, her only two requests for guests were Bruce Springsteen and Estée Lauder. But despite all the honors, Estée, who is called "ageless" but is surely the far side of eighty, does not rest. "If I felt I had made it, I would be somewhere nice, like St. Moritz, skiing."

Richest Widow

JOAN KROC. Rancho Santa Fe, California, sixty-four, widowed

"I was stunned by her blond beauty," McDonald's magnate Ray Kroc once wrote of the woman who would eventually be his third wife. He first saw Joan in 1958, when she was playing the organ in a restaurant in St. Paul, Minnesota. They were *(continued on page 166)*


mart
SM
lc. You'll be sitting
pretty with the
laxed fit of ladies'
jeans. Available in
ssorted fashion
nishes, junior and
sy sizes, and three
lengths, Petite,
verage and Tall.
at a comfortable,
Kmart price.
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Care®
LOTION
ALOE
& LANOLIN
RELIEVES & CONDITION
ROUGH, DRY SKIN
H.
Summer skin neve
felt so good.
You don't wear wool in
summer. Why put on winter
skin care? Especially when
our scientists have developed
such a light, refreshing solution
for dry summer skin. Vaseline®
Intensive Care® Aloe and Lano
Lotion. It combines the 3,000-
year-old soothing power of
natural aloe with silky, natural
lanolin to leave your skin
smooth and glowing—
skin you want to show off.
Vaseline Intensive Care Aloe
and Lanolin. Sometimes the
best science comes from natur
From Intensive Researc
Comes Intensive Care.®
LOTION

THERE HAS NEVER BEEN ANYONE QUITE LIKE MARILYN MONROE. SHE WAS A TRUE ORIGINAL—A UNIQUE BLEND OF CHILDLIKE INNOCENCE AND SMOLDERING SENSUALITY. WHO CAN FORGET HER COMIC TALENT AND EFFERVESCENT CHARM IN SUCH CLASSICS AS *THE SEVEN-YEAR ITCH* AND *SOME LIKE IT HOT*—OR HER TROUBLED LIFE OFFSCREEN? IT'S BEEN THIRTY YEARS SINCE MARILYN'S DEATH: IN THIS SPECIAL TRIBUTE, WE REMEMBER THE LAST DAYS OF HER LIFE AND THE ONE-OF-A-KIND STYLE THAT ENDURED

memories of Marilyn

memories of Marilyn





Marilyn met Senator John F. Kennedy in 1954 at a party in Beverly Hills. Kennedy, thirty-seven, had asked his brother-in-law, actor Peter Lawford, to arrange the introduction.

Their affair apparently began early in 1955, after Marilyn's divorce from DiMaggio (Kennedy, of course, was married to Jacqueline Bouvier). Since Marilyn was a friend of Peter and Pat Lawford, she would meet Jack at the Lawfords' beach house in Santa Monica or at out-of-the-way Malibu hotels. Marilyn once said, in jest, that she made love to Jack for therapeutic

ONLY TODAY DO WE REALIZE THAT THE TRAGIC STAR WAS A VICTIM OF THE MOST POWERFUL MEN IN AMERICA

reasons. "He has a bad back," she said, giggling. "I made him feel better."

Their relationship became more intense on Marilyn's part when Jack was running for president in 1959. She campaigned for him, and by this time, her romance with him was well known by Kennedy insiders, though they didn't take it seriously. As one of his colleagues said, "Marilyn Monroe is just another cup of coffee to Jack."

Subconsciously, Marilyn the woman must have known that John Kennedy was interested only in Marilyn the movie goddess. Before their dates, she would redo her hair and makeup *(continued on page 130)*

BY JANE ELLEN WAYNE

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ALTHOUGH MARILYN WAS THE EPITOME OF GLAMOUR, HER HAIRDRESSER AND CLOSE FRIEND MR. KENNETH SAYS MARILYN NEVER THOUGHT SHE WAS ATTRACTIVE. "SHE USED TO SAY SHE HAD A PUDDING FACE," SAYS MR. KENNETH, "BUT SHE KNEW SHE HAD A PERSONA THAT PEOPLE RESPONDED TO. SHE WAS GORGEOUS AND KNEW EXACTLY HOW TO MAKE HERSELF UP. SHE WAS VERY CONCERNED WITH HER LOOKS." AND THAT SIGNATURE LOOK—ARCHED BROWS, DARKLY LINED EYES, FLIRTY LASHES AND FULL, POUTY LIPS—IS AS CAPTIVATING NOW AS IT WAS IN MARILYN'S DAY.

MARILYN WAS THE ULTIMATE BOMBSHELL, FAMOUS FOR HER PLATINUM-BLOND HAIR. ACCORDING TO STAR HAIR COLORIST AND CLAIROL CONSULTANT LOUIS LICARI, OF THE LOUIS LICARI COLOR GROUP, NYC AND BEVERLY HILLS, "MARILYN MADE BLOND AND SEXY *(continued)*

Right: dress, Norma Kamali; hair, Maury Hopson for Louis Licari; makeup, Vincent Longo; model, Amy Graham of Click.

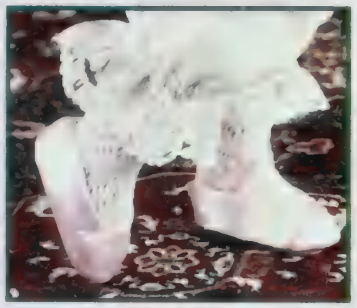



She dreams of the music and the graceful ballerinas...
Classic European artistry, Old World charm... just $89
Actual size of doll is 18 inches tall. Complete with ballet slippers and doll stand. Doll shown in a model setting that is not life-size.
©1992 The Ashton-Drake Galleries
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CERTIFIED
PREMIERE GRADE
THE ASHTON-DRAKE GALLERIES

"Katrina"

The debut issue in an exquisite collection

ised in a graceful pirouette, her
es sparkle with enchantment.
e music and the dancers from
wan Lake" still play in her heart
she imagines herself on stage.
r just a moment, she *is* the beau-
ul ballerina she dreams of be-
ming!



"Katrina" by renowned Ger-
n artist Gaby Rademann, is the debut issue
Beautiful Dreamers, a doll collection portray-
g little girls who aspire to the fine arts.

uality Craftsmanship in Every Detail

atrina" is handcrafted with poseable head,
ns, and legs of fine bisque porcelain. Her
eet face is expertly hand-painted for a soft,
tural glow, and her hand-set eyes sparkle as
e pictures herself in the spotlight. "Katrina"
ears a hand-tailored dress, an elaborate voile
nafore with pintucks, cutwork, ruffles, and
e, matching pantalettes and socks, and satin
let slippers that fit her feet.

Evaluated against *The Uniform Grading
ndards for Dolls* developed by the Ashton-
ake Galleries, these dis-
ctive features have
rned "Katrina" the *Stan-
rds'* highest rating for
istry and craftsmanship –
emiere Grade.

First-Issue Doll	Edition End	Issue Price	Average Market Value*	Change
"The Glamour of the Gibson Girl"	1988	$77	$208	+$131
"Rose, Who is Love"	1989	$87	$122	+$35
"Meagan"	1989	$87	$125	+$38

*Based on limited retail sales reported in a 1/92 survey of leading doll dealers. Actual prices realized by collectors may be lower.

A Collectible Doll with Investment Potential

The doll you buy today may be a wise investment for the future. Once an edition is sold out, those who want a doll from the edition must pay whatever the market will bear, if and when one becomes available from dealers or at auction. That's why fine collectible dolls often sell for more than their original prices within only a few years of being issued.

Of course, not all dolls increase in value; values can go down. But dolls of superior artistry and craftsmanship — such as "Katrina" and other Premiere Grade dolls — have excellent potential to appreciate.

Bear in mind that "Katrina" is an heirloom-quality first-issue doll, much like the exceptional dolls we recommended in the chart. "Katrina" has similar credentials that make her potential for market success also seem promising.

Recommended and guaranteed by the Ashton-Drake Galleries, "Katrina" can be yours to enjoy for only $89.00. To order, simply complete and mail the attached Reservation Certificate. But hurry…"Katrina" is issued in an edition ending forever in 1992, after which molds for this doll will be broken and no more porcelain will ever be cast. Order today.

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THE ASHTON-DRAKE GALLERIES®
Bringing You Dolls of Irresistible Value

PLEASE RESPOND BY:
September 15, 1992

S, please enter my reservation for "Katrina," first issue in
Beautiful Dreamers collection. Limit one. I understand that
eed SEND NO MONEY NOW. I will pay for the doll in four
venient monthly installments of $22.25* each, the first
ng billed before shipment.
My satisfaction is unconditionally guaranteed. I under-
nd that I may, for any reason, return "Katrina" to the
nton-Drake Galleries at any time within *one full year* after
ceive her for a refund or credit of the full purchase price,
luding postage.

X _____
Signature _____ Date _____

Name (please print clearly) _____ Telephone ( )

Address _____ Apt. No. _____

City _____ State _____ Zip _____

*Plus $3.94 home delivery fee and any applicable state sales tax. Please allow 4 to 6 weeks for delivery. Canadian price: $119.00 plus postage and handling and any applicable sales tax.

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(continued from page 124) four or five times, sometimes showing up hours late. Her fear of losing him slowly became a terrible strain.

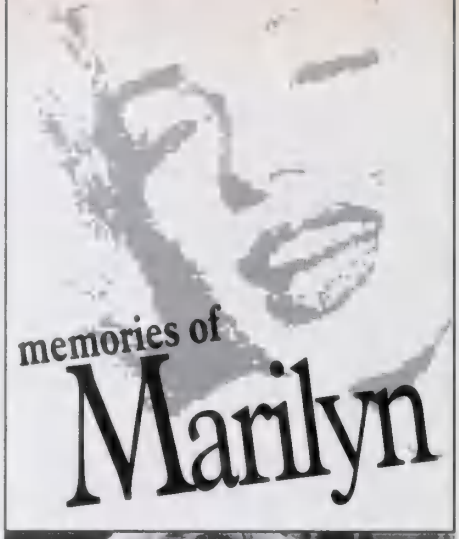
After his election, "the Prez," as Marilyn referred to him, would meet her at such rendezvous as Bing Crosby's Palm Springs retreat, letting Peter Lawford make all the arrangements. Wearing a brown wig and glasses, Marilyn would be flown in on a private plane or on Air Force One, posing as Lawford's secretary.

If the President stayed at the Lawfords' beach house for any length of time, Marilyn would move in, too. She confided to Peter that she believed she would be Jack's wife after his first term in office. Peter knew this would never happen, but he said nothing.

During this time, Marilyn had Jack's private phone number and called him at will. Occasionally, Jackie answered and handed the receiver to her husband, who wasn't the least bit concerned until Marilyn phoned the First Lady and confronted her about giving her husband a divorce. In her attempt to force Jack's hand, Marilyn gave him cause to break off the affair later.

More than a friendship

It was clear that Marilyn was friendly with Bobby Kennedy, too, when she was seeing Jack. Guests at Peter Lawford's parties remembered a familiarity between Marilyn and the Kennedy brothers that led them to believe she was involved with both men. At a dinner party in April 1961, Bobby and Marilyn went off in a corner by themselves and were deep in serious conversation. Knowing that he was the intellectual type, Marilyn had boned up on social *(continued on page 170)*



memories of Marilyn







(continued) SYNONYMOUS. SHE CREATED THE 'GLAMOUR BLOND,' A CATEGORY OF ITS OWN." THIRTY YEARS LATER, BEING BLOND, ESPECIALLY LIGHT BLOND, IS MORE DESIRABLE THAN EVER. ACCORDING TO A RECENT SURVEY BY CLAIROL, THE NUMBER OF WOMEN WHO GO BLOND HAS DOUBLED SINCE 1988; TODAY, APPROXIMATELY TWENTY MILLION AMERICAN WOMEN COLOR THEIR HAIR BLOND. AMONG WOMEN WHO HAVE NEVER COLORED THEIR HAIR, NEARLY 20 PERCENT SAY THEY SECRETLY WISH TO BE BLOND. CAN GOING BLOND CHANGE YOUR LIFE? TURN THE PAGE TO MEET A BRUNET-TURNED-BLOND WHO LOOKS AND FEELS BETTER THAN EVER.

Right: dress, Norma Kamali; necklace, Jay Strongwater.



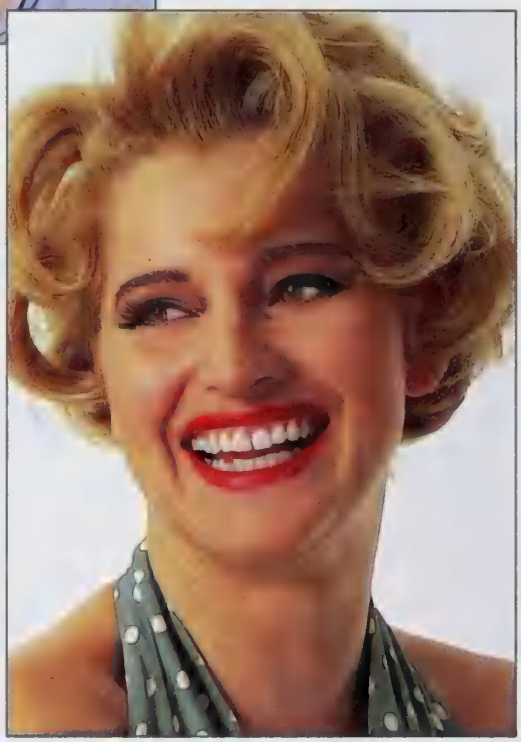
Instant bombshell

THIRTY-YEAR-OLD MICHELLE VREBALOVICH, A FREE-LANCE PHOTO EDITOR, STEPPED INTO LOUIS LICARI'S SALON AS AN ORDINARY-LOOKING BRUNET . . . AND STEPPED OUT AS A FABULOUS BLOND! GOING BLOND IS THE EASIEST, MOST DRAMATIC MAKEOVER





"I've always felt like a blond even though I was born brunet," says Michelle. "My boyfriend and mother encouraged me to take a chance. I think I look younger as a blond. Being blond is more of a statement."



DYEING TO BE A BLOND?

Going blond just might be the perfect instant makeover. We're searching for women who'd love to try life as a blond. If you've always wanted to lighten up, the *Journal* and the experts at Clairol will make you over. Just send a letter stating why you think you'd be a great blond along with two recent color photos of yourself (taken within the past six months)—one head-and-shoulders shot and one full-body shot—to: "I want to be blond," Ladies' Home Journal Beauty Department, 100 Park Avenue, New York, NY 10017. The winner will receive a complete blond-over, including a cut or a trim, and a beauty makeover at the Louis Licari Salon in New York or Beverly Hills and will be photographed for a future issue of LHJ. Round-trip airfare and one night's accommodations will be provided by Clairol. Entries must be received by September 15, 1992. Sorry, letters and photos cannot be acknowledged or returned.

LOUIS LICARI—KING OF COLOR

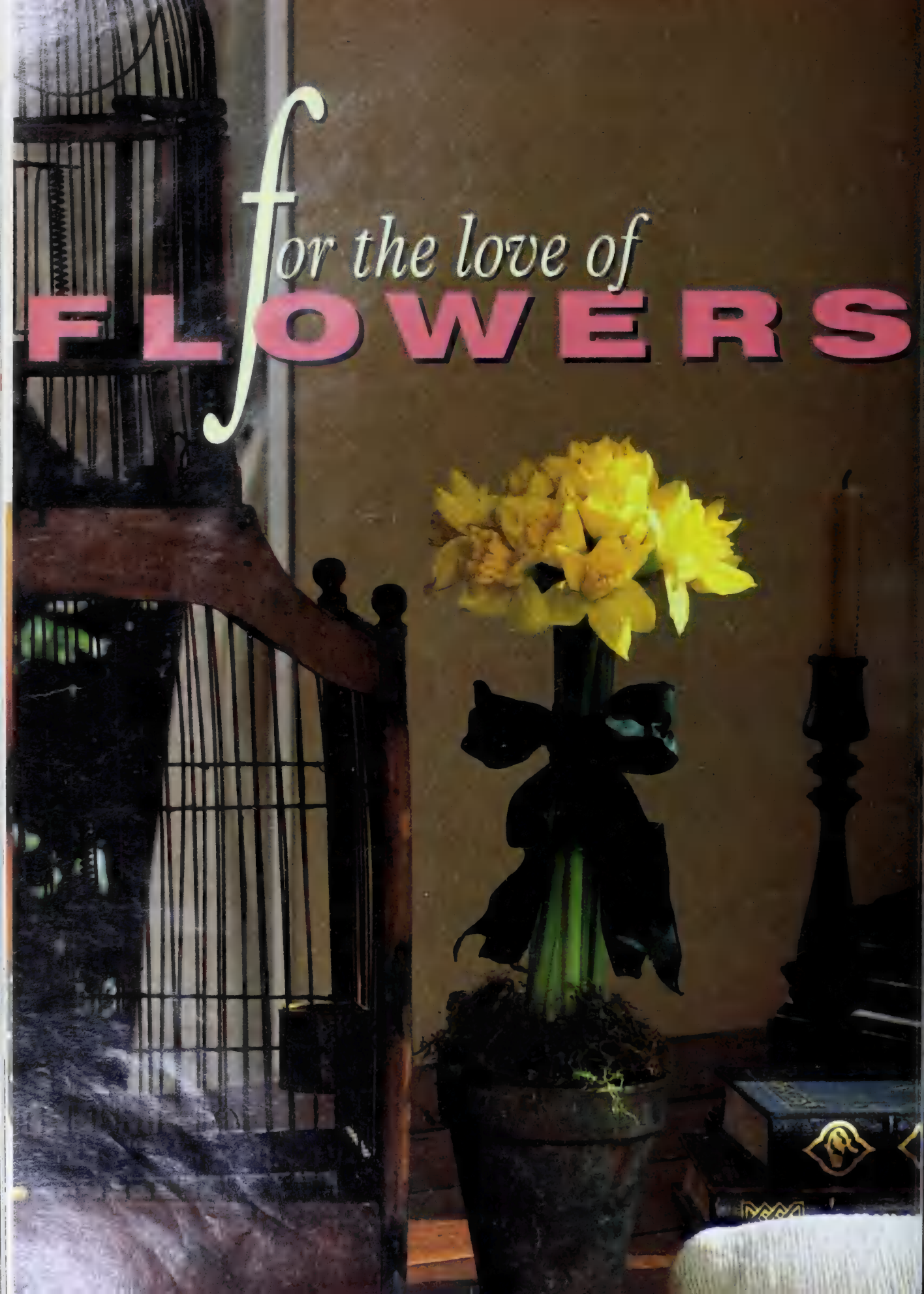
"The nineties blond bombshells have the same dramatic effect as Marilyn did, but the color to have now is more golden, and the style is more natural," says Licari, whose star clients include Melanie Griffith, Kim Basinger and Ellen Barkin. His best advice for blond wannabes? "Try it. Women I've turned into blonds say they feel bolder, more noticed." For a golden Marilyn-like blond look, try Clairol's Ultimate Blonde by Ultress.

IT'S MORE THAN JUST AN AIR FRESHENER. IT'S A FINE AIR FRAGRANCE.



Elegance™ BY Glade®

THE NEW FINE AIR FRAGRANCE FOR THE HOME.


for the love of
FLOWERS



Beautiful bouquets are the easiest, most inviting accessories. Whether you prefer an elegant arrangement, like the striking daffodil topiary at left, or the country charm of wildflowers tumbling from a twig basket, above, flowers are all you need to make your home say summer.

From FORMAL COUNTRY ENTERTAINING, to be published by Viking Studio Books. Copyright © 1992 by Pat Ross. Photographs copyright © 1992 by Keith Scott Morton. Used by permission of Pat Ross and Writer's House, Inc.





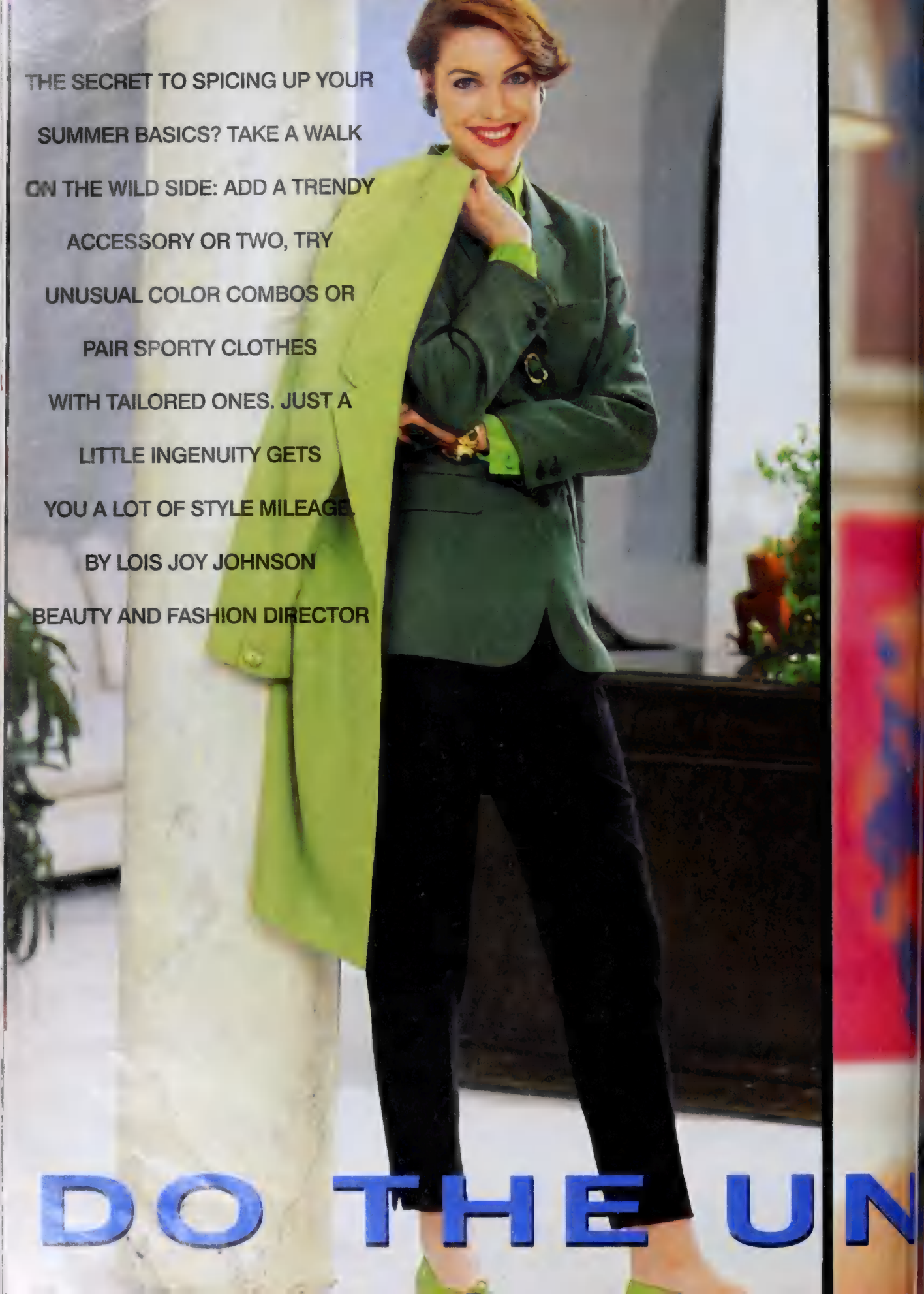




Flowers always help a home look festive and smell divine, so don't just save them for company. Our favorite country arrangeme aren't supposed to look perfect, and the more interesting and offbeat the vase, the better. Clockwise from top: Every at-home garde has an old-fashioned metal bucket to gather fresh-cut blooms. Even if you don't grow your own, using a bucket as a vase will g store-bought buds just-picked appeal; an old toy wooden cart overflowing with flowers makes a whimsical centerpiece; a silver bucket in the shape of a top hat gets a lot more use when filled with posies; ceramic pitchers are classic for showing off country-s bouquets—vary the height of the flowers for an English-garden effect. *To order "Formal Country Entertaining," turn to page 1*



Create a dramatic still-life with flowers and a few standout accessories. Here, an urn filled with lilacs and tulips, potpourri in a Shaker sifter and an open photo album make a wonderful welcome in an entry hall



THE SECRET TO SPICING UP YOUR SUMMER BASICS? TAKE A WALK ON THE WILD SIDE: ADD A TRENDY ACCESSORY OR TWO, TRY UNUSUAL COLOR COMBOS OR PAIR SPORTY CLOTHES WITH TAILORED ONES. JUST A LITTLE INGENUITY GETS YOU A LOT OF STYLE MILEAGE.

BY LOIS JOY JOHNSON
BEAUTY AND FASHION DIRECTOR

DO THE UN



HOW TO MAKE A DRAMATIC STYLE STATEMENT WITH COLOR! IT ALL DEPENDS ON YOUR POINT OF VIEW. THE MOST INTERESTING LOOK? WEARING A VARIETY OF TONES FROM THE SAME COLOR FAMILY, LIKE THE SPECTRUM OF GREENS FROM BRIGHT LIME TO DARK IVY, LEFT. IT TAKES A BIT OF DARING, BUT THE RESULTS PACK A PUNCH. MIGHT TAKE YOUR LITTLE PLEATED SHIRT FROM SCHOOLGIRL TO CHIC BY ADDING A CHAIN BELT. A JAUNTY BERET AND STRIPED MOCK TURTLE COMPLETE THE FRENCH CONNECTION.

EXPECTED


D O T H E U



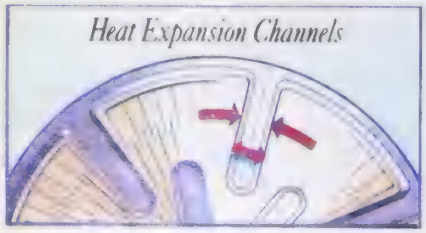
PANTSUITS ARE NOT ONLY CLASSIC, THEY'RE ALSO THE DANDIEST TREND FROM NOW THROUGH FALL. SO MAKE YOURS LOOK UP-TO-THE-MINUTE: SNEAK INTO YOUR HUSBAND'S CLOSET AND TIE ONE ON! A CRISP WHITE SHIRT AND LACE-UP SPECTATOR SHOES TAKE THE MENSWEAR LOOK ONE STEP SOFTER. LEFT: DENIM SHIRTS AREN'T JUST FOR WEEKENDS ANYMORE. TUCK THIS WARDROBE FAVORITE UNDER A TAILORED JACKET FOR A SURPRISING NEW LOOK. A STANDOUT PIN AT THE NECKLINE DRESSES UP THE DENIM AND UNIFIES THE SPORTY AND THE SLEEK.

Far left: suit, Tehen at Galeries Lafayette, NYC; shirt, Fil à Fil; tie, Gucci; belt and bag, Lot Soixante, Paris; shoes, Charles Jourdan; watch, Cartier; bracelet, Agatha; socks, Jockey Classics; model, Silke Horstkamp of Next. Left: suit, Claire Paris at Galeries Lafayette, NYC; shirt, The Gap; pendant, Strongwater; earrings, Esabel Mamet; bracelet, Ben-Amun.

EXPECTED

After thousands of meals, our cookware will still keep its shape. If only it was as easy for people.

Introducing Resistal® from T-Fal.® *The most technologically advanced concept in non-stick cookware that's ever been made. What's more you'll discover these innovations are not only in the cookware's unique inner surface, but also its outer surface.*



The Outside Story

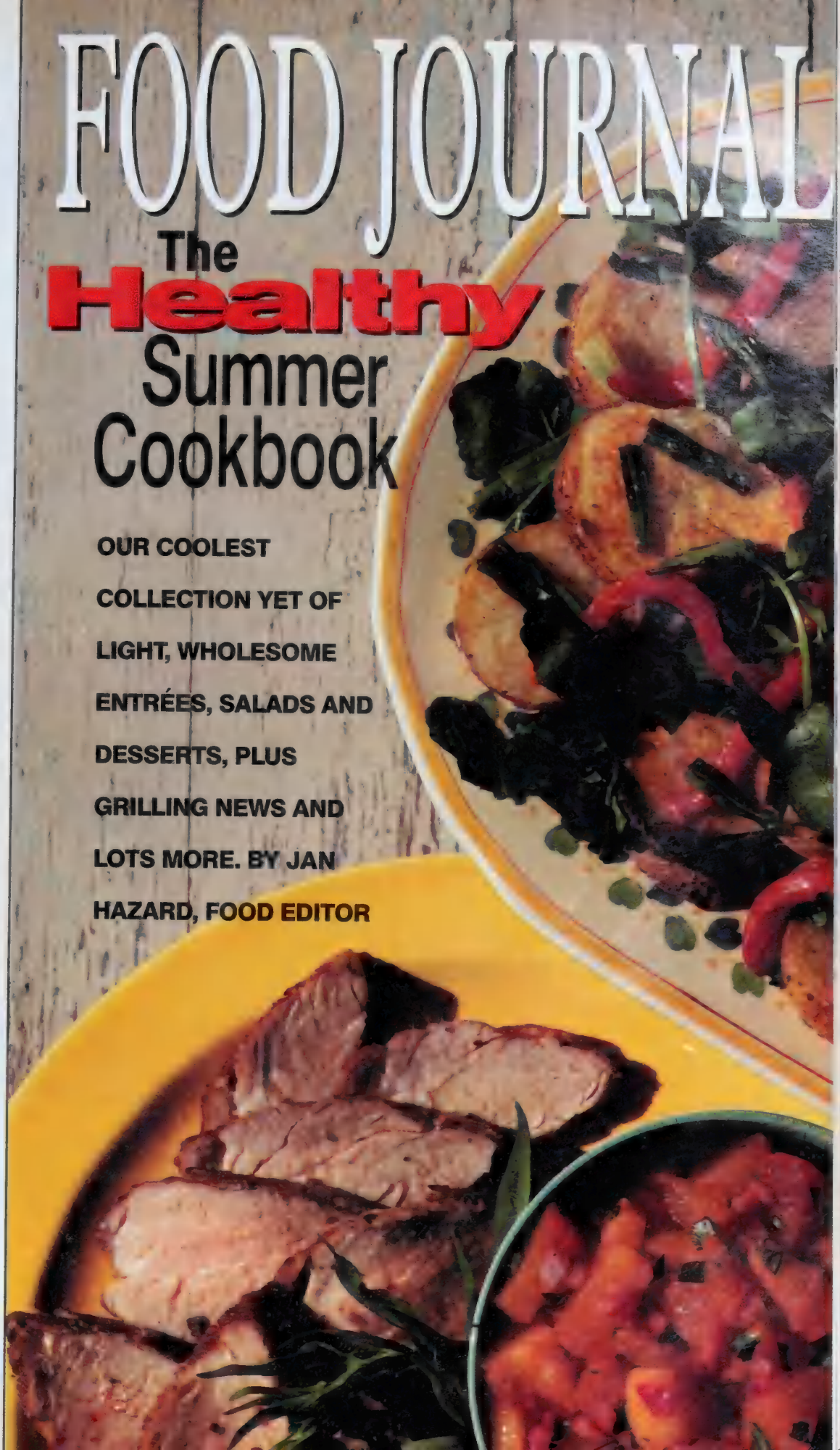
Outside, the new Resistal porcelain enamel tri-layer base features something that's extremely unique: exclusive heat expansion channels. The result: the Resistal base is up to twice as resistant to warping as conventional cookware. So over time your cookware stays in perfect contact with the heat source for higher quality cooking.

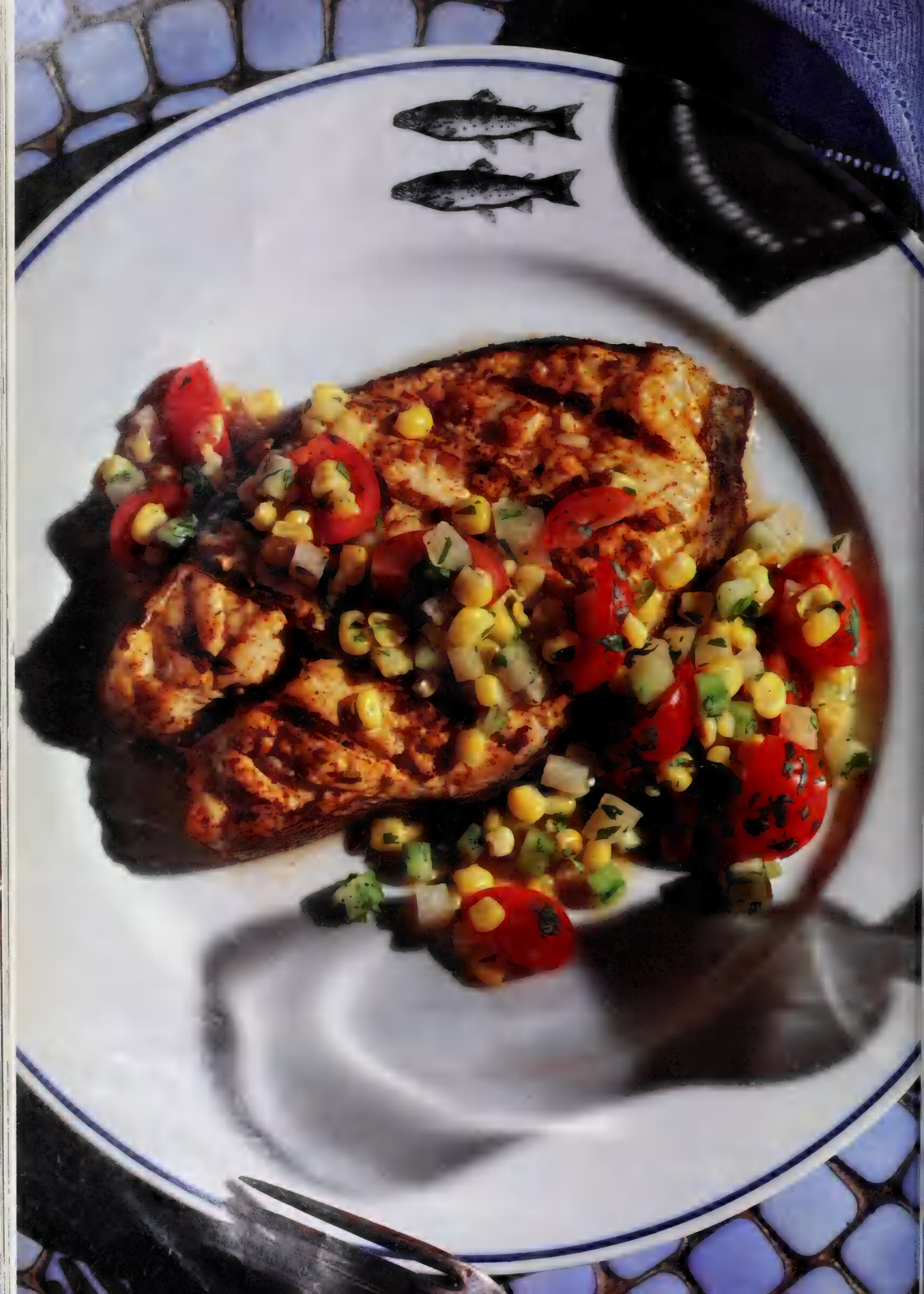
The Inside Story

Inside, you'll find our totally new 4-layer coating has a unique honeycomb texture. It helps reduce the continued abrasion caused by contact with everyday kitchen tools like spatulas and spoons. Which results in cookware with a 35% higher scratch resistance and cleanups t are virtually trouble-free.

The new Resistal concept of n stick cookware from T-Fal. Unlik people, it can be around food c stantly and still manage to keep its figure.




FOOD JOURNAL
The Healthy Summer Cookbook
OUR COOLEST COLLECTION YET OF LIGHT, WHOLESOME ENTRÉES, SALADS AND DESSERTS, PLUS GRILLING NEWS AND LOTS MORE. BY JAN HAZARD, FOOD EDITOR



UR ZESTY COD

STEAKS, LEFT,

GRILLED TO FLA-

ORFUL PERFECTION,

RE TOPPED WITH A

RILLED-CORN SALSA

IAT GIVES A BIG BOOST

FLAVOR WITHOUT

T. RIGHT: SWEET

MMER FRUIT WITH

NILLA-YOGURT

EESE—ISN'T IT RE-

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FRUITS—AND NO

GRAM OF FAT! THE

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CORNMEAL BISCOT





EFT: OUR HERO!

GRILLED VEGGIES

ARE THE RIGHT

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NDWICHES. WE GAVE

PONATA—A CLASSIC

PETIZER OF EGGPLANT,

MATO, ONIONS AND

PERS—A TURN ON

E GRILL, THEN SPREAD

ON ITALIAN BREAD.

HT: PHYLLO CRUST IS

ERFECT SHELL FOR

COOKED NECTAR-

S, SO WHAT YOU SEE

WHAT YOU GET—

ETNESS AND LIGHT.



○ Easy ● Challenging ▼ Low-fat
◒ Moderate Ⓜ Microwave ▽ Low-calorie

PORK WITH GRILLED FRUIT RELISH

Hog heaven! Both pork tenderloin and ham steak (in the recipe below) suit the subtle flavor of our grilled fruit relish. A perforated grilling rack prevents fruit or other smaller-size food from falling onto the coals.
Prep time: 15 minutes plus marinating ▼ ▽ ○
Grilling time: 25 to 35 minutes

2 pork tenderloins (1 1/2 lb. total)
1 teaspoon fennel seeds, crushed
1 teaspoon ground coriander
1/2 teaspoon salt
1/2 teaspoon freshly ground pepper

Fruit Relish
3 peaches, halved and pitted
6 plums, halved and pitted
3 tablespoons minced red onion
2 tablespoons sugar
4 teaspoons balsamic vinegar
1 tablespoon chopped fresh tarragon

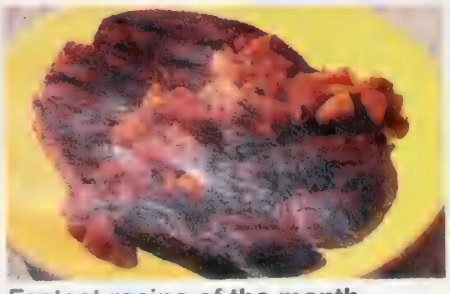
Pat pork dry with paper towels. Combine fennel, coriander, salt and pepper; rub spices all over pork. Cover and refrigerate overnight.

One hour before grilling, remove pork from refrigerator. Prepare grill. Grill pork over medium coals 5 inches from heat 20 to 25 minutes, turning every 5 minutes, until juices run clear. Let stand 10 minutes before slicing. Serve with Fruit Relish. Makes 6 servings.

Fruit Relish: Grill fruit, skin side down, over medium coals 3 to 5 minutes, until lightly charred. Turn and grill 2 to 5 minutes more, until lightly browned. Slip skins off fruit. Chop fruit coarsely and toss with remaining ingredients in medium bowl. Makes 3 cups.

Per serving		Daily goal
Calories	235	2,000 (F), 2,500 (M)
Total fat	5 g	60 g or less (F); 70 g or less (M)
Saturated fat	1.5 g	20 g or less (F); 23 g or less (M)
Cholesterol	84 mg	300 mg or less
Sodium	244 mg	2,400 mg or less
Carbohydrates	5 mg	250 g or more
Protein	27 g	55 g to 90 g

HAM STEAK WITH GRILLED FRUIT RELISH



Fastest recipe of the month
Prep time: 5 minutes
Grilling time: 8 minutes
▼ ▽ ○

1 1/2 teaspoons cumin
1 teaspoon paprika
1/4 teaspoon freshly ground pepper
1/8 teaspoon ground red pepper
1 fully-cooked bone-in ham steak (1-1 1/4 lb.), 3/4 inch thick
1 tablespoon honey
1 tablespoon orange juice
Fruit Relish (from previous recipe)

Prepare grill. Combine cumin, paprika and peppers in cup. Rub on both sides of ham. Combine honey and juice in bowl.

Brush grill lightly with oil. Grill ham over medium coals 5 inches from heat 4 minutes. Turn and brush top of ham with honey mixture. Grill steak 4 minutes more, turn again and brush top with remaining honey. Serve with Fruit Relish. Makes 4 servings.

Per serving with relish		Daily goal
Calories	255	2,000 (F), 2,500 (M)
Total fat	6 g	60 g or less (F); 70 g or less (M)
Saturated fat	2 g	20 g or less (F); 23 g or less (M)
Cholesterol	55 mg	300 mg or less
Sodium	1,544 mg	2,400 mg or less
Carbohydrates	26 mg	250 g or more
Protein	25 g	55 g to 90 g

Menu

Light the grill, add some seasonal side dishes, and sit down to supper.

**Cod Steaks with Corn Salsa*
Sautéed zucchini
Tossed green salad
**Nectarine Pie*
California Fumé Blanc wine
**Recipe given*

COD STEAKS WITH CORN SALSA

After heating the grilling rack, brush it with oil. Prepare the salsa first, so the fish can be whisked from grill to table.
Prep time: 20 minutes plus soaking ▽ ○
Grilling time: 23 minutes

Corn Salsa
4 ears corn (in husks)
1 pint cherry tomatoes, quartered
1 cup finely diced cucumber
1 cup finely diced jicama
1/4 cup chopped fresh cilantro
2 tablespoons fresh lime juice
1 teaspoon minced garlic
1 teaspoon minced jalapeño chile
3/4 teaspoon salt
1/4 teaspoon freshly ground pepper

3 tablespoons fresh lime juice
2 tablespoons olive oil
2 teaspoons minced garlic
1 teaspoon minced jalapeño chile
1 teaspoon chili powder
6 cod or salmon steaks (6 oz. each), 3/4 inch thick

Salsa: Secure husks with twine. Soak corn, in cold water to cover by 1 inch, 1 hour.

Prepare grill. Drain corn. Grill over medium coals 5 inches from heat 15 minutes, turning twice, until tender. Cool slightly. Remove husk and silk. Stand corn on one end and cut off kernels. Transfer to bowl; stir in remaining ingredients. Makes 6 1/2 cups.

Meanwhile, whisk lime juice, oil, garli jalapeño and chili powder in small bowl.

Brush grill lightly with oil. Sprinkle bo sides of cod with salt and pepper. Gr cod over medium coals 5 inches fro heat 4 minutes. Turn; brush with half t chili marinade. *(continued on page 15*

TEST-KITCHEN TIP

Great grilling

You know the fabulous flavor tha grilling imparts to humble ho dogs and magnificent steaks. But di you know the same magic work with fish, vegetables and even fruit Below, tips for never-miss grilling.

■ Start with a clean grill—yo don't want your veggies or dessert t taste like last week's burgers. He the grill, then clean the rack with wire brush dipped in water. Just b fore adding the food, brush the rac with oil to prevent it from sticking.

■ Grilling over medium coa (300°F.–350°F.) is best for even coo ing and to prevent charring. To che the temperature, use a flat-surfa oven thermometer or do the trie and-true hand test: Place your ha at cooking height, just above the gr rack. If you can hold it there for thr to four seconds, the heat is medium.

■ Always place grilled food on clean plate. Never reuse a plate th has held raw meat, poultry or fish

■ Some vegetables take longer cook than others, so if you' grilling them on skewers, place d ferent kinds on separate skewers.

■ Larger pieces of food are eas to handle—you can cut into smal pieces after grilling.

■ Brushing vegetables lightly w olive or vegetable oil before grilli enhances their flavor and textu Many fruits can benefit, too.

■ Grill summer fruits such as pea es, nectarines and plums unpeel After grilling, the skins slip off eas

■ For maximum flavor, toss veg bles with dressing immediately a grilling, while they're still hot. (*N* brush cooked food with leftover m nade from raw meat, poultry or fis

■ Fish steaks and fillets, as wel shrimp, are done when they opaque throughout. Other shellf such as clams, pop open when the done—discard any unopened shel



Dorothy Hamill

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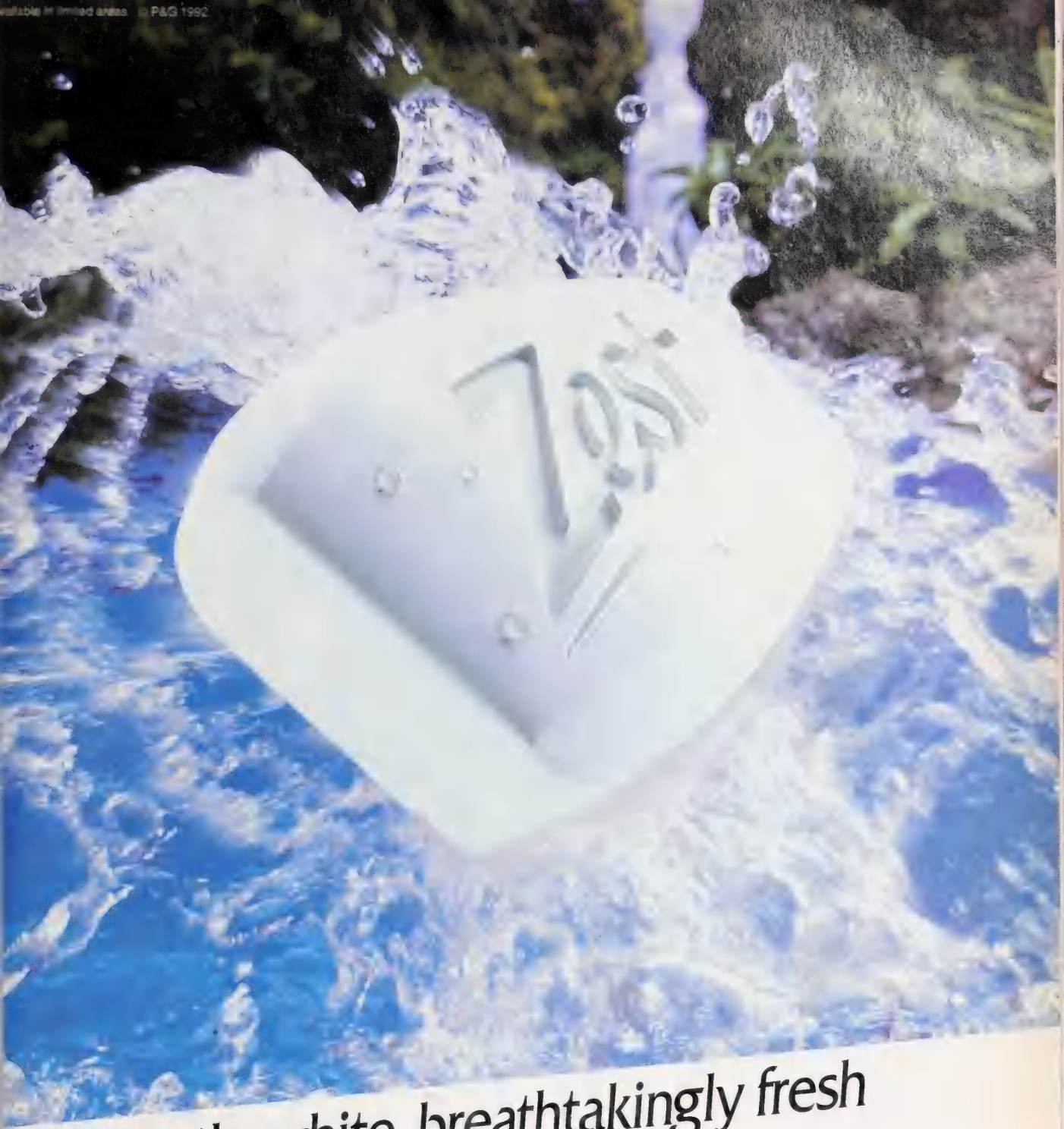
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travel journal

South County, Rhode Island . . . and the living is easy

South County, the waterfront region that wraps around the southernmost edge of Rhode Island, is one of New England's best-loved summer vacation spots. Significantly blessed by nature, this scenic area is filled with sandy beaches, wildlife preserves, protected parks and forests that spill down to Block Island Sound, an impressive coastline that stretches from the seaside resort of Watch Hill, in the west, past Narragansett, in the east, and continues on up to Wickford.

While South County's setting is classic New England, its summer scene becomes pure Rhode Island, thanks to a collection of special events. This summer, for example, vacationers can time their visits to coincide with such varied attractions as the Hot Air Balloon Festival, in Kingston, and the fifteenth annual Heritage Days celebrations, in Narragansett (both July 31 through August 2); the eighth annual Charlestown Seafood Festival (August 2); and the charming Victorian Ice Cream Social, in Narragansett (August 16). South County's famous Theatre-By-The-Sea, a 1931 seaside classic that's now listed on the Register of Historic Places, will host a summerlong season of American musicals that includes such favorites as *Hello, Dolly* and *South Pacific*.

But as exciting as these festivals sound, they're merely icing on the cake. The main show is South County itself, where sparkling beaches, world-class fishing and unspoiled nature have traditionally teamed up to create an ideal vacation environment.

There are a total of nineteen protected beaches, forests and wildlife preserves throughout this one region. Not only does this dedication to conservation ensure vacationers mile after mile of pristine sunbathing and swimming, it also preserves some of the most unspoiled nature walks in America. Be sure to sample the Long Pond-Ell Trail, a 4.5-mile adventure that meanders past three scenic ponds, passing through what locals call a "cathedral forest" of wild rhododendron and hemlocks. This wilderness trail, which begins in Hopkinton, is listed in the Registry of National Landmarks.

It doesn't take long for visitors to become aware of another special aspect of South County's heritage. Names of such local places a Misquamicut, Cosumscussoc and Pettaquamscutt reflect the area's close ties to the original native residen Thanks to the pacifist nature of Rho Island's founder, Roger Williams, re tions between Indians and early settl were mostly peaceful. There were, how er, one or two fearful battles, the worst which occurred in 1675. Called the Gr Swamp Fight, it resulted in the deaths many Colonials, including women a children. It is believed that the bod were buried near Smith's Castle, Wickford, creating the oldest mass gr in America. Visitors today can tour site of an archaeological dig being c ducted by experts from Brown Univers who expect to unearth the remains o least forty victims of this bloody battle.

On a decidedly more upbeat note, v tors can also explore the "Millionai Colony" of Watch Hill, long a seas haven for the ultra-discreet rich and mous. While nothing as crass as a for driving guide through this seaside hi rent district is available, it's fun to cru the area, trying to guess who lives which fancy estate.

Down in the tiny village of Watch H there are a couple of traditions beloved summer visitors for many years. On the Flying Horse Carousel, America's est merry-go-round. Its name comes fr the fact that the ponies are tethered long chains that swing out in flight. L custom decrees that a child becomes old for the carousel the day his feet touch the floor. Watch Hill's other tr tion is the Olympia Tea Room, a ho restaurant where the waitresses wear mal black-and-white and the seafoo fresh and delicious.

A large part of South County's popu ty stems from pure old-fashioned cha This is a family place where many been summering for generations. beaches are clean and well patrolled, most come complete with such fa necessities as rest rooms and food sta There are lots of parks, too, including serene havens as Wilcox Park, in W erly, which was designed by Frede Law Olmsted back in 1898 and is on the National Register of Hist Places. Visitors come to stroll or bik manicured acres and attend the we summer concerts.

Narragansett, on a peninsula w South County's eastern coast heads n is one of the more famous old re towns. Once renowned for its pier town today is noted for its beautifu views and beaches and wond Victorian homes. Driving along O Road, you'll pass directly under Towers," the last remaining portic Stanford White's vast Narragan Casino, which was built in 1882.

For more information, contac South County Tourism Council: Tower Hill Road, Wakefield, RI 0 800-548-4662. —BRENDA



Heartworm disease can be deadly to your dog, and it's spreading throughout the country. Because your dog is your special friend and you care about its health, it is important to choose a heartworm preventive with demonstrated effectiveness, and one that your dog will enjoy taking and you'll find easy to give.

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Hush-A-Bye

by MaGo

numbered limited edition collector plate trimmed in 23kt gold

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heavenly task. His guardian
gel has watched him laugh and
y all day long. Now it's time for
ep. He is filled with peace as the
ssuring presence of the angel
ches his cribside. The heavenly
tector speaks softly, "Hush-a-
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Allow 4 to 8 weeks after initial payment for shipment.

HAP

continued from page 150

Grill 4 minutes more or until cod is just opaque in center. Invert onto serving platter and brush with remaining chili marinade. Serve with Corn Salsa. Makes 6 servings.

Per serving		Daily goal
Calories	170	2,000 (F), 2,500 (M)
Total fat	6 g	60 g or less (F); 70 g or less (M)
Saturated fat	1 g	20 g or less (F); 23 g or less (M)
Cholesterol	49 mg	300 mg or less
Sodium	199 mg	2,400 mg or less
Carbohydrates	9 mg	250 g or more
Protein	22 g	55 g to 90 g

GRILLED CAPONATA HERO

Grilling is our favorite way to prepare eggplant, the star of this surprisingly hearty vegetable sandwich. It's a summer sensation, with a smoky flavor in every bite.
Prep time: 20 minutes plus standing ○
Grilling time: 18 to 27 minutes

5 tablespoons olive oil, divided
1 tablespoon red wine vinegar
1 tablespoon minced garlic
Salt and freshly ground pepper
2 tablespoons chopped capers
2 tablespoons chopped pitted green olives
2 small eggplants (1 1/2 lb.), sliced lengthwise 1/2 inch thick
1 Italian bread (18 inches), split
1 pound red onions, sliced crosswise 1/2 inch thick
1 1/2 pounds ripe tomatoes, sliced crosswise 1/2 inch thick
3/4 pound fresh mozzarella cheese, sliced 1/4 inch thick

Whisk 2 tablespoons oil, vinegar, garlic and 1/4 teaspoon *each* salt and pepper in small bowl until blended. Stir in capers and olives. Set aside. Toss eggplant with 1 teaspoon salt in large colander; drain 30 minutes. Rinse and pat dry with paper towels. Brush lightly with 1 tablespoon oil.

Meanwhile, prepare grill. Grill bread, cut side down, over medium coals 5 inches from heat until toasted. Brush each cut side of bread with 1 tablespoon caper mixture.

Lightly brush both sides of onion slices with 1 more tablespoon oil; sprinkle with salt and pepper. Grill 3 to 5 minutes per side, until evenly charred and tender. Transfer to platter; cover and keep warm.

Lightly brush both sides of tomato slices with remaining 1 tablespoon oil. Sprinkle with salt and pepper. Grill 1 to 2 minutes per side, until evenly browned. Add to onions and keep warm.

Grill eggplant 4 to 5 minutes per side, until golden brown and tender. Top eggplant evenly with sliced mozzarella. Grill 1 to 2 minutes more, until cheese is melted.

Arrange eggplant slices on bottom half of grilled bread; drizzle top with half the remaining caper mixture. Top with a layer of grilled onion, then tomato slices. Drizzle tomatoes with remaining caper mixture and top with remaining bread. Cut into 3-inch-wide slices. Makes 6 servings.

Per serving		Daily goal
Calories	560	2,000 (F), 2,500 (M)
Total fat	25 g	60 g or less (F); 70 g or less (M)
Saturated fat	2 g	20 g or less (F); 23 g or less (M)
Cholesterol	41 mg	300 mg or less
Sodium	829 mg	2,400 mg or less
Carbohydrates	65 mg	250 g or more
Protein	20 g	55 g to 90 g

GRILLED-SHRIMP-AND-ZUCCHINI FETTUCCINE



Grilling shrimp and zucchini imparts su great flavor, you'll never miss the crean alfredo sauce. If you don't have a grilli rack, skewer the shrimp.
Prep time: 15 minutes ○
Grilling time: 20 minutes

6 tablespoons extra-virgin olive oil, divid
1 tablespoon minced garlic
1 teaspoon fennel seeds, crushed
1/8 teaspoon red pepper flakes
2 tablespoons fresh lemon juice
1/4 teaspoon grated lemon peel
Salt and freshly ground pepper
4 medium zucchini (1 1/2 lb.), sliced lengthwise 1/4 inch thick (continu

GRILLED WHOLE FISH WITH CILANTRO-MINT SAUCE







This recipe, from cookbook author Lori Longbotham, uses tangy Thai seasonings—cilantro, ginger, mint and chilies. If you prefer, follow our basic grilling directions and use your own favorite seasonings for fish.

Rinse 1 whole red snapper or salmon (3–4 lb.), cleaned, and pat dry. **1 With sharp knife, slash fish diagonally o both sides for flavors to penetrate and for even cooking.** In small bowl, combine 1/4 cup vegetable oil, 2 tablespoons fresh lime juice, 2 green onions, minced, and 1 teaspoon slivered fresh ginger. Spoon into cavity and over fish. Cover and marinate 30 minutes, turning once. **2 Prepare grill. Lightly oil grill and hinged grill basket; h basket on grill 5 minutes. Lightly sprinkle fish with 2 tablespoons flour for crisp skin and place in basket.** Grill over medium coals 5 inches from heat, 7 to 10 minutes *per inch thickness*, turning once, until opaque and just beginning to flake when fork is inserted into thickest part. (If fish is more than 1 1/2 inches thick, cover with foil or grill li **3 Carefully transfer fish to serving platter. Garnish with fresh cilantro and mint sprigs and whole red chilies.** T serve, cut fish into serving portions just to center bone. Slide a wide metal spatula between meat and bone; lift out each serving. Remove bones. Cut bottom half of fish. Serve with Cilantro-Mint Sauce. Makes 6 servings.

Cilantro-Mint Sauce. Combine 2 garlic cloves, peeled, with 2 cups water in small saucepan; cover and simmer over low heat until softened, 12 minutes. Drain. In blender, puree the garlic, 2 tablespoons lime juice, 4 green onions, minced, 1 hard-cooked egg yolk, 2 cups cilantro leaves, 2/3 cup mint leaves and 1 or 2 jalapeño chilies, seeded and chopped. With blender on, add 1/4 cup vegetable oil in a slow, steady stream. Transfer to small bowl.

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1 1/2 pounds shrimp, peeled and deveined
2 packages (9 oz. each) or 1 package (16 oz.) fresh fettuccine
1/4 cup chopped fresh parsley

Prepare grill. Combine 4 tablespoons oil and the garlic, fennel and red pepper flakes in small microwaveproof bowl. Cover and microwave on High 1 minute. Stir in lemon juice and peel, 1/2 teaspoon salt and 1/4 teaspoon pepper. Transfer to serving bowl.

Toss zucchini with 1 tablespoon oil; sprinkle lightly with salt and pepper. Toss shrimp with remaining 1 tablespoon oil; sprinkle lightly with salt and pepper. Grill zucchini and shrimp over medium coals 5 inches from heat 2 minutes per side. Halve zucchini crosswise; add with shrimp to serving bowl. Keep warm.

Cook fettuccine according to package directions. Add to serving bowl with parsley and toss until well combined. Serve immediately. Makes 6 servings.

Per serving		Daily goal
Calories	485	2,000 (F), 2,500 (M)
Total fat	18 g	60 g or less (F); 70 g or less (M)
Saturated fat	2 g	20 g or less (F); 23 g or less (M)
Cholesterol	240 mg	300 mg or less
Sodium	347 mg	2,400 mg or less
Carbohydrates	52 mg	250 g or more
Protein	31 g	55 g to 90 g

GRILLED POTATO SALAD

This side dish goes perfectly with grilled steak or lamb. Grill the meat while the peppers and potatoes cool, so everything will be ready at the same time.
Prep time: 10 minutes plus standing Ⓜ ▽○
Cooking time: 40 minutes

4 large baking potatoes, sliced 1/2 inch thick
2 garlic cloves, peeled and lightly crushed
2 tablespoons plus 2 teaspoons olive oil
1 1/4 teaspoons salt, divided
1/4 teaspoon freshly ground pepper
3 tablespoons balsamic vinegar
2 red peppers
2 bunches green onions, trimmed
4 cups trimmed watercress (2 bunches)

Prepare grill. Combine potatoes, garlic and 1/3 cup water in 13x9-inch microwaveproof dish. Cover and microwave on High 10 minutes, stirring halfway through, until potatoes are just tender. Let stand covered 5 minutes; drain and remove garlic. Transfer potatoes to bowl and toss with 2 teaspoons oil, 3/4 teaspoon salt and the pepper.

Meanwhile, whisk remaining 2 tablespoons oil, vinegar and remaining 1/2 teaspoon salt in large bowl; set aside.

Grill peppers over medium coals 5 inches from heat 20 minutes, turning every 5 minutes, until evenly charred. Cover and cool slightly; peel off skin. Halve peppers; discard membranes and seeds. Cut into strips and toss with dressing.

Grill onions 1 minute per side or until lightly charred. Cool slightly. Cut into 1-inch pieces; stir into peppers.

Grill potatoes about 5 minutes per side or until golden. Immediately toss with peppers and onions. Cool 15 minutes, then stir in watercress. Serve immediately. Makes 9 cups.

Per cup		Daily goal
Calories	125	2,000 (F), 2,500 (M)
Total fat	4 g	60 g or less (F); 70 g or less (M)
Saturated fat	1 g	20 g or less (F); 23 g or less (M)
Cholesterol	0 mg	300 mg or less
Sodium	322 mg	2,400 mg or less
Carbohydrates	20 mg	250 g or more
Protein	3 g	55 g to 90 g

TUSCAN PASTA-AND-BEAN SALAD

Budget recipe of the month *In this cool summer side dish, canned beans can be substituted for home-cooked beans in a pinch. Rinse them with cold water to freshen. Tip: A swivel-blade peeler is great for shaving Parmesan cheese.*
Prep time: 20 minutes plus soaking C
Cooking time: 1 1/4 hours

1/2 cup dry cannellini or Great Northern beans or 1 can (19 oz.), drained and rinsed
1 1/2 cups ditalini pasta or elbow macaroni
3 tablespoons extra-virgin olive oil
2 tablespoons red wine vinegar
1/2 teaspoon *each* salt and pepper
3 cups diced tomatoes
1/2 cup julienned fresh basil
1/4 cup minced red onion
1/4 cup shaved Parmesan cheese
1/4 pound thinly sliced prosciutto ham

Soak beans in water to cover overnight. (T *quick-soak:* Combine beans with water

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cover by 1 inch in saucepan and bring to boil; boil 2 minutes. Cover and let stand 1 hour.) Drain. Cover with fresh water and simmer in saucepan until tender, 1 hour. Drain. Meanwhile, cook pasta in boiling salted water just until tender, 8 to 10 minutes; drain and rinse.

Whisk oil, vinegar, salt and pepper in large bowl. Add beans and pasta and toss. Cool; stir in tomatoes, basil and onion. *(Can be made ahead. Cover and let stand at room temperature up to 2 hours.)*

To serve, arrange on platter and top with Parmesan. Loosely roll prosciutto and arrange on the side. Makes 7 cups.

Per cup		Daily goal
Calories	245	2,000 (F), 2,500 (M)
Total fat	9 g	60 g or less (F); 70 g or less (M)
Saturated fat	2 g	20 g or less (F); 23 g or less (M)
Cholesterol	12 mg	300 mg or less
Sodium	587 mg	2,400 mg or less
Carbohydrates	30 mg	250 g or more
Protein	12 g	55 g to 90 g

CURRIED LENTIL SALAD WITH CHICKEN



A clever change from pasta, lentils are easy to cook, loaded with fiber and compatible with many flavors. Seasoned with curry, served with poached chicken and cooled with a yogurt-cilantro sauce, this salad is the perfect lunch on a steamy afternoon.

Prep time: 25 minutes plus cooling ○
Cooking time: 30 minutes

1 cup lentils, picked over and rinsed
Water
1 cinnamon stick (3 inches)
6 whole cloves
6 cardamom pods
2 tablespoons fresh lemon juice
2 tablespoons olive oil
Salt
1/2 teaspoon curry powder
1/2 teaspoon freshly ground pepper
1 cup thinly sliced celery
1/4 cup thinly sliced green onions
1 pound boneless, skinless chicken breast

Creamy Cilantro Sauce
- 1/2 cup plain low-fat yogurt
- 1/2 cup reduced-fat sour cream
- 1/2 cup cilantro leaves, chopped
- 1 tablespoon fresh lemon juice
- 1/2 teaspoon salt
- 1/8 to 1/4 teaspoon ground red pepper

Seedless red grapes
1/4 cup chopped, toasted almonds

Combine lentils, 2 cups water, cinnamon, cloves and cardamom in small saucepan. Bring to boil; reduce heat, cover and simmer until tender, 20 minutes. Drain. Whisk lemon juice, oil, 3/4 teaspoon salt and the curry and pepper in small bowl. Add hot lentils and toss. Cool. Remove spices and stir in celery and green onions.

Meanwhile, combine chicken with 1/2 teaspoon salt and water to cover in medium saucepan. Bring almost to boil, reduce heat and simmer gently 10 minutes. Drain, then cool to room temperature. Slice chicken thin and arrange on platter with lentils and grapes. Drizzle chicken with some of the sauce and sprinkle with almonds. Pass remaining sauce. Makes 4 servings.

Creamy Cilantro Sauce: Combine all ingredients in small bowl. Makes 1 cup.

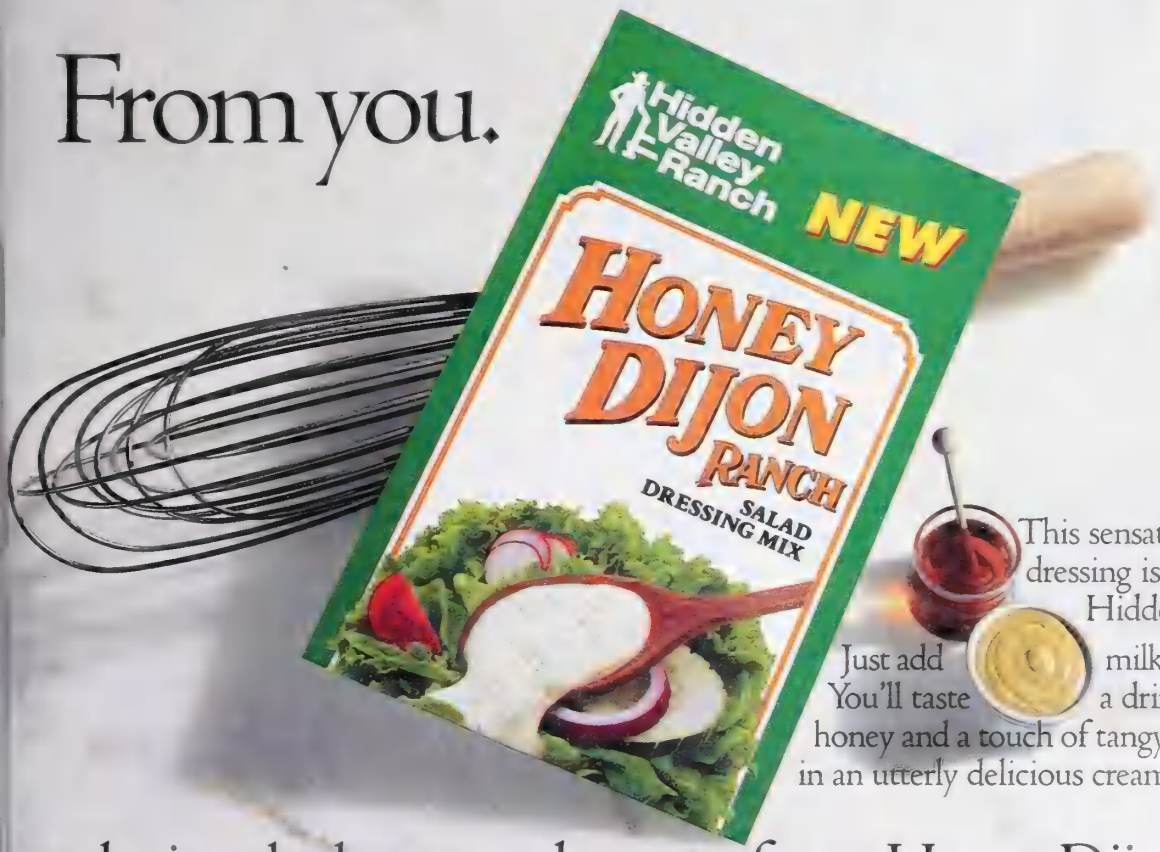
Per serving		Daily goal
Calories	475	2,000 (F), 2,500 (M)
Total fat	17 g	60 g or less (F); 70 g or less (M)
Saturated fat	4 g	20 g or less (F); 23 g or less (M)
Cholesterol	78 mg	300 mg or less
Sodium	953 mg	2,400 mg or less
Carbohydrates	36 mg	250 g or more
Protein	45 g	55 g to 90 g

MOROCCAN COUSCOUS SALAD



Couscous is a blessing to harried *(continued)*

From you.



This sensational new dressing is fresh from Hidden Valley.®

Just add milk and mayonnaise. You'll taste a drizzle of sweet honey and a touch of tangy Dijon mustard in an utterly delicious creamy dressing.

Introducing the homemade taste of new Honey Dijon Ranch.

cooks—it takes five minutes to prepare, and it's equally tasty hot and at room temperature. Tossed with minced vegetables and lemon vinaigrette, our salad is a wonderful side dish for grilled meat or poultry.
Prep time: 20 minutes plus cooling ○
Cooking time: 10 minutes

1 cup couscous
4 tablespoons olive oil, divided
Salt
1/2 teaspoon cumin
1/4 teaspoon turmeric
1/2 pound carrots, cut into 1/4-inch dice
1/4 pound green beans, cut into 1/2-inch pieces
3 tablespoons fresh lemon juice
1 teaspoon minced garlic
1/2 teaspoon grated orange peel
1/4 teaspoon freshly ground pepper
1 can (15 oz.) chick-peas (garbanzo beans), drained and rinsed
1 medium zucchini, cut into 1/4-inch dice
1/2 cup chopped green onions
3 tablespoons currants or chopped raisins
2 tablespoons chopped fresh mint
2 tablespoons chopped fresh cilantro

Prepare couscous according to package directions *except* add 1 tablespoon oil, 1/2 teaspoon salt and the cumin and turmeric to boiling water before stirring in the couscous. When cooked, fluff couscous with fork and transfer to large plate. Cool.

Bring 1 quart water and 1/2 teaspoon salt to boil in saucepan. Add carrots and cook until just tender, 3 minutes. With slotted spoon, transfer to bowl of ice water; drain. In same saucepan, cook green beans until just tender, 2 minutes; drain.

In serving bowl, whisk remaining 3 tablespoons oil, lemon juice, garlic, 1/2 teaspoon salt and the peel and pepper until blended. Stir in couscous, carrots, green beans and remaining ingredients. Makes about 9 cups.

Per cup		Daily goal
Calories	195	2,000 (F), 2,500 (M)
Total fat	7 g	60 g or less (F); 70 g or less (M)
Saturated fat	1 g	20 g or less (F); 23 g or less (M)
Cholesterol	0 mg	300 mg or less
Sodium	370 mg	2,400 mg or less
Carbohydrates	28 mg	250 g or more
Protein	5 g	55 g to 90 g

FRUITED BEET SALAD



A very unusual trio—grilled onions and nectarines and cooked beets—teams up for a very delicious dish. To keep the beets from coloring the salad, add the dressing just before serving.

Prep time: 30 to 35 minutes ○
Cooking time: 12 to 14 minutes

Dressing
1/4 cup fresh orange juice
2 teaspoons grated orange peel
1 teaspoon salt
1/2 teaspoon freshly ground pepper
2 tablespoons olive oil

2 1/2 pounds beets, unpeeled
2 large sweet onions (1 1/2 lb.), sliced 1/2 inch thick
2 teaspoons olive oil
4 nectarines, halved and pitted
3 cups arugula (1 bunch)

Dressing: Whisk juice; peel, salt and pepper in small bowl. Whisk in oil. Set aside.

Place beets in large saucepan with water to cover by 1 inch. Cover and bring to boil; reduce heat and simmer until tender, 20 to 30 minutes. Drain. When cool, peel beets and slice thin.

Meanwhile, prepare grill. Rub oil over onions and grill over medium coals 5 inches from heat until tender, 5 to 6 minutes per side. Arrange in overlapping rows on serving platter and drizzle with half the dressing. Grill nectarines, cut side down, 2 minutes. Slice and arrange with onions. *(Can be made ahead. Cover and let stand at room temperature up to 2 hours.)*

Just before serving, add arugula and arrange beets in rows on platter. Drizzle with remaining dressing. Makes 6 servings.

Per serving		Daily goal
Calories	210	2,000 (F), 2,500 (M)
Total fat	7 g	60 g or less (F); 70 g or less (M)
Saturated fat	1 g	20 g or less (F); 23 g or less (M)
Cholesterol	0 mg	300 mg or less
Sodium	481 mg	2,400 mg or less
Carbohydrates	36 mg	250 g or more
Protein	5 g	55 g to 90 g

Menu

Cut up some veggies to pack with our picnic-perfect recipes.
Crudités
**Grilled Caponata Hero*
**Summer Fruits with Vanilla-Yogurt Cheese*
**Cornmeal Biscotti*
Beer or soft drinks
**Recipe given*

SUMMER FRUITS WITH VANILLA-YOGURT CHEESE

A plate of ripe fruit and creamy cheese is a dream dessert for entertaining. Your guests will never guess that this sweet and satiny cheese came from a container of yogurt!
Prep time: 5 minutes plus draining ▼ ▽ ○

Vanilla-Yogurt Cheese (recipe follows)
5 cups assorted fruits (strawberries, blueberries, raspberries, sliced peaches and nectarines)

Arrange fruit on individual serving plates. Serve with a dollop of Vanilla-Yogurt Cheese. Makes 4 servings.

Per serving		Daily goal
Calories	145	2,000 (F), 2,500 (M)
Total fat	2 g	60 g or less (F); 70 g or less (M)
Saturated fat	0 g	20 g or less (F); 23 g or less (M)
Cholesterol	3 mg	300 mg or less
Sodium	42 mg	2,400 mg or less
Carbohydrates	27 mg	250 g or more
Protein	6 g	55 g to 90 g

TEST-KITCHEN TIP

The big cheese

Yogurt cheese is versatile, rich and creamy, yet a tablespoon of this low-fat, low-cal cheese has a mere ten calories and just a trace of fat. (Regular cream cheese weighs in at 50 calories and 5 grams of fat per tablespoon; light cream cheese, 30 calories and 2 1/2 grams of fat.) Make a batch from plain yogurt to spread on bagels, and use instead of sour cream as a creamy dip or a topping for baked potatoes. Start with vanilla yogurt for a velvety cream that tops fruit, granola or desserts.

Line a mesh sieve or colander with a clean kitchen towel or coffee filter. Place over a bowl. Spoon 1 container (16 oz.) low-fat or nonfat plain or vanilla yogurt into colander. Add a 3-inch-long strip orange peel to the vanilla yogurt, if desired. Cover and refrigerate 6 hours or overnight. Discard liquid in bowl; transfer cheese to container. Serve or cover and refrigerate up to 1 week. Makes 1 cup.

CORNMEAL BISCOTTI

Test-kitchen favorite *These classic Italian cookies—we added cornmeal for a tasty variation—add a light touch to a summer supper. They're also perfect for dunking into coffee or, as the Italians prefer, sweet wine such as vin santo.*
Prep time: 15 minutes plus cooling ▽ ○
Baking time: 40 to 42 minutes

1 1/3 cups all-purpose flour
1/2 cup sugar
1/3 cup yellow cornmeal
3/4 teaspoon baking powder
1/4 teaspoon baking soda
Pinch salt
3 large egg whites
1/4 cup olive oil
1/2 teaspoon grated lemon peel
1/2 teaspoon vanilla extract
1/3 cup whole natural almonds, chopped
1/3 cup dried tart cherries*, dried cranberries or raisins

Preheat oven to 350°F. Combine flour, sugar, cornmeal, baking powder, baking soda and salt in bowl. Stir in *(continued)*

"Mmmmmmm."

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And besides being better tasting, Hillshire Farm Turkey Smoked Sausage is also better for you. It's 90% fat free.

So if you like Turkey Smoked Sausage or even if you don't like Turkey Smoked Sausage or even if you've never tried Turkey Smoked Sausage, you'll love our Hillshire Farm Turkey Smoked Sausage—"Mmmmmmm."

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egg whites, oil, lemon peel and vanilla just until combined. Stir in almonds and cherries. Transfer dough to floured surface; divide in half. Roll each half into a 10-inch log about 2 inches in diameter. Place on cookie sheets and bake 30 minutes or until firm.

Cool on wire rack 10 minutes. Slice logs diagonally 1/2 inch thick. Arrange, cut side down, on cookie sheet. Bake 5 to 6 minutes per side, until golden and crisp. Cool on wire rack. Makes 30 cookies.

*Dried tart cherries available in some supermarkets and from American Spoon Foods. To order, call 800-222-5886.

Per cookie		Daily goal
Calories	70	2,000 (F), 2,500 (M)
Total fat	3 g	60 g or less (F); 70 g or less (M)
Saturated fat	0 g	20 g or less (F); 23 g or less (M)
Cholesterol	0 mg	300 mg or less
Sodium	28 mg	2,400 mg or less
Carbohydrates	10 mg	250 g or more
Protein	1 g	55 g to 90 g

TEST-KITCHEN TIP

The well-dressed grill

Almost any food can be grilled deliciously, and using the right equipment is the key to success.

To light the coals, we suggest using an electric starter or a charcoal chimney starter. Liquid starters are not recommended—delicate fruits and vegetables can pick up the residue.

The standard grilling rack is fine for firm steaks and burgers, but food that's fragile or small can fall onto the coals. A fine-meshed grill or perforated grill rack provides the perfect surface for fish steaks and fillets, seafood such as shrimp and scallops, as well as fruits and vegetables. A hinged grill basket does the trick for whole fish (see page 156). Grill racks and baskets are manufactured by Charcoal Companion and Griffo Grill.

Skewers are indispensable grilling tools. They come in metal and disposable bamboo (soak bamboo skewers in water for thirty minutes to prevent burning). Flat-sided skewers are best for keeping food in place.

Grilling equipment is available at well-stocked hardware stores and can be ordered from the Chef's Catalog (800-338-3232), Crate & Barrel (800-323-5461) and Williams-Sonoma (800-541-2233).

NECTARINE PIE

Food editor's choice *We've slashed the fat in this inventive fruit pie by using phyllo dough for the crust. To keep it flaky, fill with fruit just before serving.*

Prep time: 20 minutes plus standing ▼C
Baking time: 10 minutes

4 sheets phyllo dough
4 teaspoons vegetable oil
4 teaspoons plus 3 tablespoons sugar
4 cups thinly sliced nectarines (1 1/2 lb.)
1 tablespoon fresh lemon juice
1 tablespoon orange-flavored liqueur
1 container (8 oz.) plain low-fat yogurt
1 tablespoon honey
1/4 teaspoon grated orange peel

Preheat oven to 375°F. Place 1 phyllo sheet in 9-inch pie plate, letting sides overhang. Brush lightly with oil and sprinkle with 1 teaspoon sugar. Place another phyllo sheet diagonally on top; brush lightly with oil and sprinkle with teaspoon sugar. Repeat layering with remaining phyllo to form a pinwheel, brushing lightly with oil and sprinkling with sugar. Bake 10 minutes or until golden. Cool on wire rack.

Meanwhile, toss nectarines with 3 tablespoons sugar, lemon juice and liqueur in bowl. Let stand up to 1 hour.

Combine yogurt with honey and orange peel in bowl. Spoon fruit into pastry shell and serve with yogurt. Makes 6 servings.

Plum Pie: Substitute plums for nectarines and kirsch for orange-flavored liqueur.

Per serving		Daily goal
Calories	200	2,000 (F), 2,500 (M)
Total fat	4 g	60 g or less (F); 70 g or less (M)
Saturated fat	1 g	20 g or less (F); 23 g or less (M)
Cholesterol	2 mg	300 mg or less
Sodium	83 mg	2,400 mg or less
Carbohydrates	38 mg	250 g or more
Protein	4 g	55 g to 90 g

PEACHES IN RED WINE



Three simple ingredients add up to a re freshingly sophisticated finale. Use a good red wine and serve with Cornmeal Biscotti.

Prep time: 20 minutes plus chilling ▼▽C

1 1/2 cups red wine
3 tablespoons sugar
4 ripe peaches, peeled and sliced thin

Combine wine and sugar in medium bowl stirring to dissolve sugar. Gently stir in peaches. Cover and refrigerate at least hour or up to 6 hours. Makes 4 servings.

Per serving		Daily goal
Calories	155	2,000 (F), 2,500 (M)
Total fat	0 g	60 g or less (F); 70 g or less (M
Saturated fat	0 g	20 g or less (F); 23 g or less (M
Cholesterol	0 mg	300 mg or less
Sodium	5 mg	2,400 mg or less
Carbohydrates	25 mg	250 g or more
Protein	1 g	55 g to 90 g

(continued



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UMMER PUDDING



is traditional English treat is made with od-quality bread soaked with the juices fresh berries. Simple and satisfying, it's a mmer dessert for all seasons.
ep time: 15 minutes plus chilling ▼○

Cooking time: 4 minutes

8 to 9 slices white bread, crusts removed
5 cups assorted berries (raspberries, blackberries, blueberries, sliced strawberries)
1/2 cup sugar
Low-fat plain or vanilla yogurt

Line 1-quart bowl with bread, trimming to fit. Combine berries and sugar in medium saucepan. Heat, stirring, over medium heat, just until sugar is dissolved and berries release their juice, about 4 minutes. Pour fruit and juice into bread-lined bowl. Top with a layer of bread and cover loosely with plastic wrap. Place on plate and cover with saucer that fits just inside bowl. Weight down with 2-pound can. Refrigerate overnight.

To serve, remove can, saucer and plastic wrap. Run knife around edge of bowl to loosen pudding. Invert onto plate. Serve with a dollop of yogurt. Makes 6 servings.

Per serving without yogurt		Daily goal
Calories	210	2,000 (F), 2,500 (M)
Total fat	1.5 g	60 g or less (F); 70 g or less (M)
Saturated fat	0 g	20 g or less (F); 23 g or less (M)
Cholesterol	1 mg	300 mg or less
Sodium	175 mg	2,400 mg or less
Carbohydrates	47 mg	250 g or more
Protein	4 g	55 g to 90 g

Easiest fruit sorbets

Luscious fruit sorbet is a true summer treat, and what's more, you don't need any special equipment to make it. Just freeze some of your favorite fruit, puree it with a simple syrup in the food processor, and grab a spoon! You can keep the frozen fruit and the syrup up to three days, and whip up a batch whenever you crave a cool snack or easy, low-fat dessert. Select a fruit from the chart below. Rinse, peel (except plum), seed or pit, and chop into 1-inch chunks. Place on a wax paper–lined cookie sheet and freeze until firm, at least 2 hours. Meanwhile, make syrup: Heat sugar and water in small saucepan to boiling; simmer 1 minute. Refrigerate at least 2 hours. Remove fruit from freezer and let stand 3 minutes. Place in food processor and pulse until coarsely chopped. With machine on, add syrup in a slow, steady stream and process until sorbet is smooth. Add 1 teaspoon lemon juice, if desired. Spoon into 1-quart container and freeze 30 minutes or until ready to serve.



MISS KATE'S FROZEN TEA



We found this unusual recipe for tea-flavored sorbet in the cookbook "Come On In!," a winner of the 1991 Tabasco Community Cookbook Awards.
Prep time: 15 minutes plus steeping and freezing ▼○

Water
9 bags orange pekoe tea
1 cup chopped fresh mint
Juice of 3 lemons (1/2 cup), plus shells
3 cups sugar
Juice of 2 oranges (3/4 cup)
1/4 cup maraschino-cherry juice
Maraschino cherries and mint sprigs

Bring 2 quarts water to boil. Place tea bags, chopped mint and lemon shells in large heatproof bowl. Pour in boiling water and steep 30 minutes. Strain through fine sieve into pitcher. Stir in sugar until dissolved. Refrigerate until cold, up to 24 hours.

Stir 6 cups cold water, lemon, orange and maraschino-cherry juices into chilled tea. Freeze in batches in ice-cream maker according to manufacturer's directions. Spoon into serving glasses; garnish with cherry and mint. Makes 12 cups.

Per cup		Daily goal
Calories	215	2,000 (F), 2,500 (M)
Total fat	0 g	60 g or less (F); 70 g or less (M)
Saturated fat	0 g	20 g or less (F); 23 g or less (M)
Cholesterol	0 mg	300 mg or less
Sodium	5 mg	2,400 mg or less
Carbohydrates	56 mg	250 g or more
Protein	0 g	55 g to 90 g

Recipes by Carol Prager, Lisa Brainerd and Karen J.M. Tack.

COOKBOOK OFFER

For a copy of *Come On In!* send a check or money order for $21.95 plus $2.75 shipping and handling to Junior League of Jackson, P.O. Box 4709, Jackson, MS 39296-4709. Visa and MasterCard accepted; call 601-948-2357 for credit-card orders.

For more information about the cookbook awards, write to Tabasco Community Cookbook Awards, c/o Hunter MacKenzie Inc., 41 Madison Avenue, NYC 10010.

Dear LHJ:
Please, please, please try to get the recipe for the apple tart from Heaven City Restaurant, in Mukwonago, Wisconsin. It is positively divine!
Karen Meunier,
Mukwonago, Wisconsin

You asked for it!

Heaven-sent

With such a luscious tart on the menu, this landmark restaurant has no trouble living up to its name. The apples are nestled in puff pastry and liqueur-laced custard and topped with a warm caramel sauce—small wonder that it's Heaven City's most popular dessert.

Preheat oven to 425°F. On a cookie sheet, roll 1 sheet frozen puff pastry, thawed, to 12x10-inch rectangle. Cut in half lengthwise into two 12x5-inch strips. Fold edges of long sides over to form 1/2-inch borders on each strip; press borders with fork. Beat 1 large egg with 1 tablespoon water and brush lightly over pastry. Prick center of each pastry strip all over with fork. Bake 8 to 11 minutes, until golden. Cool on wire rack.

Meanwhile, prepare 1 package (3.4 oz.) instant vanilla-pudding mix according to package directions, *except* substitute 2 tablespoons orange-flavored liqueur for 2 tablespoons of the milk. Spread 1/2 cup evenly on each baked pastry. With serrated knife, cut each rectangle into 5 slices.

Preheat broiler. Peel, halve and core 5 small Cortland or McIntosh apples; slice each half horizontally paper-thin. Fan slices and arrange on pastry strips on cookie sheet. Mix 1 tablespoon sugar with 1/4 teaspoon cinnamon in small bowl and sprinkle over apples. Broil 1 minute or until edges begin to brown. Serve immedialtely with warm Caramel Sauce. Makes 10 servings.

CARAMEL SAUCE: Combine 1 cup brown sugar, 1 tablespoon water and 1 tablespoon butter in large saucepan and bring to boil. Reduce heat to medium-low, cover and cook 3 minutes. Stir in 3/4 cup heavy or whipping cream and return almost to boil. Remove from heat; stir in 1/2 teaspoon vanilla extract and a pinch salt. Whisk in 2 tablespoons cold butter, cut up. Makes 1 1/2 cups.

recipe index

Here is a listing of recipes appearin in this issue, including those fro the Journal kitchen and advertis ments. Advertisers' recipes appear i boldface. Recipes marked with an a terisk include microwave instructio

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The richest women in America

continued from page 120

both married, however, and it wasn't until eleven years later, after she was divorced once and Ray twice, that they married.

Joan Kroc (Ray called her Joni) stood by her husband's side while he dabbled in conservative politics and followed professional baseball as the flamboyant owner of the San Diego Padres. But after Ray died in 1984, Joan came into her own—aided by a fortune that today is worth around $1 billion.

Charity is Kroc's passion, especially Ronald McDonald Children's Charities. Once, after reading that a child with AIDS in Tennessee was going to lose his private teacher because of a budget crunch, Kroc sent $235,000 to balance the district's budget. "The things I believe in, I'll spend money on," she has said.

Richest Stepmother
BARBARA PIASECKA JOHNSON
Princeton, New Jersey,
fifty-five, widowed

During their vicious battle for their late father's estate, the children of the Johnson & Johnson heir, J. Seward Johnson, painted Barbara Johnson as more wicked than Cinderella's stepmother. Perhaps they got the story right, but they picked the wrong character. The life of "Basia" Johnson, as her husband called her, has everything but the glass slippers.

Born to poor farmers in Poland, she arrived in the United States in 1968 with $200 and an art degree. She managed to get hired as a cook in Johnson's home, but her cooking almost got her fired before the upstairs chambermaid agreed to switch positions with her. There she caught the eye of the aging heir, who set her to work building his art collection before he divorced his wife of thirty-two years and married Basia in 1971. He was seventy-six, she thirty-four.


Rich and ruthless: Warnaco CEO Linda Wachner

They built a $30 million estate near Princeton and apparently lived happily—he regularly altered his will to give her more of his fortune—until he died of cancer in 1983. Then his six children, who already had inherited some $400 million, contested their father's will that would have left Basia everything else. They charged that their stepmother had connived to steal an aging man's millions, but she persevered. In the end, the kids got $42 million, and Basia won a fortune that now is estimated to be worth over $900 million.

Hardly frugal, Basia spent $15 million on an eighteenth-century Italian ba minton cabinet in 1990. But a year earli she did offer $100 million to save the le endary Gdansk shipyard in Poland, whe Lech Walesa and Solidarity got their sta though the deal ultimately fell through.

Richest Corporate Climber
LINDA WACHNER. New York City,
forty-six, widowed

You don't have to look f for someone in the appa el industry to call Lin Wachner, the only wom to head a Fortune 5 company, "combative" even "ruthless." But Wall Street—where fre earnings count far mo than stale etiquette Wachner, the chairm and chief executive offi of Warnaco Group In remains a darling. 1986, she led a host leveraged buyout of t apparel maker, which manufactures su brands of intimate apparel as Valenti Scaasi and Olga, and turned the compa around. She fired mid-level manage hired more manufacturing workers, a boosted sales of the company's lingerie 56 percent.

Last fall, she took the *(contin*

Big Rewards



With Easy Cream Cheese Clouds.



EASY CREAM CHEESE CLOUDS *(Makes 10)*

- 1 8 oz. pkg. cream cheese
- ½ c. powdered sugar
- ¼ tsp. vanilla extract
- 1 c. heavy cream
- 1 can cherry pie filling
- chopped nuts (optional)

Mix cream cheese, sugar and vanilla at medium speed on electric mixer. Gradually add heavy cream; mix well. Whip until thickened. ◊ Using the back of a spoon, shape into ten 3½" shells. Place on waxed paper-lined cookie sheet. ◊ Freeze two hours or overnight.

When ready to serve, fill with cherry pie filling. ◊ Sprinkle chopped nuts on top if desired.

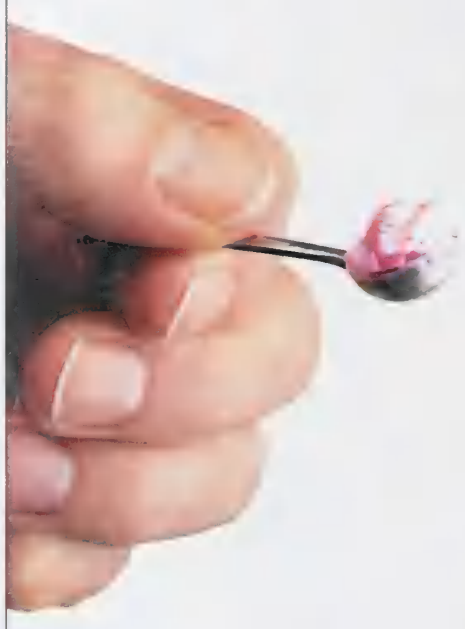
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company public at $20 a share. The offering was so popular that the price soon jumped to $30. For her efforts, Wachner has become the richest woman to climb the corporate ladder of an existing company: Last year her salary and bonus kicked in $3.1 million, and recently, her two million shares of Warnaco were worth a cool $75 million.

It has been a quick rise for the daughter of a New York fur salesman who began as a buyer for Foley's in Houston. At thirty-three, she was president of Max Factor's U.S. division. She later tried to buy the company, but her bid failed, as did one for Revlon before she put together the deal for Warnaco. Now she circulates memo pads with "DO IT NOW" printed on the top and has a reputation for working sixteen-hour days. "The word tough is one that I don't personally love, but if it means effective, then it's okay."

Presenting
The 8 Calorie Ice Cream Scoop.



(Actual Size)

Richest Entertainers

OPRAH WINFREY Chicago, thirty-eight, single

"I've developed a greater respect for fish, because I've lived my life in a fishbowl," says the woman who stands before twenty million TV viewers each day, five days a week. The cameras were rolling when Oprah Winfrey lost sixty-seven pounds, and they were rolling as she gained it back. The cameras are also there when the most popular talk-show host in TV history is asked—for the umpteenth time—when is she going to marry her longtime boyfriend, Stedman Graham? "We're not married because I'm not ready," Oprah has explained.

In 1991, just eight years after Oprah first started on a local Chicago program, her talk show raked in $170 million in syndication fees, of which she netted almost $40 million. With some of her earnings, she has built a one-hundred-thousand-square-foot production studio on Chicago's west side, becoming only the third woman to own a TV and film-production complex, after Mary Pickford and Lucille Ball. And her efforts have helped revive the neighborhood, making the studio itself valuable real estate.

Oprah also has a restaurant business as well as a small media company that owns TV stations. "You can't interest her in oil wells," says her right-hand man, Jeffrey Jacobs. "She only wants to be involved in things she understands." Presiding over a fortune that is probably worth $100 million, the woman who tapes six shows in three days and signs all the checks seems to understand a lot. "It is," she says, "al about fear."

MADONNA. Hollywood Hills, California, and New York City, thirty-four, divorced

For all who have gone before her—al the one-hit wonders, all the flash-in-the pan sensations who flame out faster tha they catch fire—Madonna is sweet re venge. Every tim you think she can possibly go an further or do any thing more shock ing, she does—an she makes it pay.

From her rec ords, concert tour promotional fee and, yes, even occ sionally her movie Madonna has earne more than $20 mi lion a year ever year since 1986. N bad for a girl wh arrived in Ne York almost penn less just eight yea earlier.

Her biggest de so far was signed la spring, when Tim Warner agreed pay her a $5 millio advance for each her next seven a bums and a royal rate of 20 percent enough to make e ery other sing (except Micha Jackson) drool. T deal, which has a t tal estimated val of $60 million, al has Time Warn paying $2 million year for Madon to run her own e tertainment comp ny, aptly nam Maverick. Even b fore the Time Warn deal, Madonna h amassed a fortu worth about $75 m lion, and she sho no sign of burni out. "Even though I've become Son body, I still have to prove that I'm *so body,*" the Material Girl has observed.

Richest Divorcee

ANNE BASS. New York City, fifty-one, divorced.

In the early eighties, Anne Bass was ri up there with Ivana Trump in parlay her husband's business fortune into so

ominence. Sid Bass—who, with his ree brothers, is worth over $5 billion—
s using his inherited oil fortune to ake millions more in stock-market ays, while Anne was showing up on in- rnational best-dressed lists and hosting vish galas for museums and ballets New York.

But then the whirlwind blew the wrong y. They were attending a ball at enheim Palace, in ngland, in 1986 hen Sid met ercedes Kellogg, e vivacious wife a former ambas- dor. Nine weeks er Anne's phone ng, signaling the d of their twenty- o-year marriage.

Anne recovered th a $200 million vorce settlement, hich continues to e in value because ncludes 1.38 mil- n shares of Dis- y stock, a virtual d mine. She also ceived a lavish fth Avenue apart- nt, a stunning dern mansion in rt Worth, and a t art collection h works by gas, Monet and asso, and family traits by Andy rhol as part of settlement. Her sonal wealth is v estimated to be east $250 million.

hest Eligible iress

ROLINE RIE GETTY

n Francisco, ty-five, single

last name alone nough to explain oline Getty's ce on this list. nddaughter of oil gnate Jean Paul y, who was once to be the richest in the world, her share of the family's billion fortune is around $350 million. ty good earnings just for being born.

er father, George, was Getty's first favorite son. But after George's moth- ivorced Jean Paul when George was than a year old, he saw so little of his er that he grew up calling him "Mr. y." He was groomed to take over the empire, but his troubles with alcohol and pills caused him to overdose and collapse at a barbecue in 1973; the coroner classified the death a "probable suicide."

That left Caroline and her two sisters, Anne Catherine Getty Earhart, forty, and Claire Eugenia Getty Perry, thirty-eight—collectively referred to as the "Georgettes"—to share one quarter of the family fortune after the old man himself died in 1976. Caroline's sisters were involved in the initial legal squabbles that ultimately led to the $10 billion sale of Getty Oil to Texaco in 1984. The deal doubled the family fortune, and increased the income of each of the Georgettes by $40 million per year.

Perhaps understandably, Caroline shuns the spotlight, living very quietly near San Francisco (so quietly, in fact, that published photos of her are rare), and is active only in environmental causes.



Richest Inmate

LEONA HELMSLEY. Federal prison, Danbury, Connecticut, seventy-two, married

"Pleeease!" the "Queen of Mean" Leona Helmsley has said. "Why would I try to cheat the government? A million dollars to Harry Helmsley is like a dollar to anybody else." Even a $1.2 million pool enclosure and an $800,000 Spanish-marble dance floor (both tax write-offs) must seem a pittance to folks whose real estate empire is worth an estimated $1.3 billion. "The public is mad at the numbers," Leona says of the deducted expenses at the couple's $11 million Connecticut mansion. "But I think I've earned it."

The feds disagreed. With husband Harry deemed unfit to stand trial following a series of strokes, Leona took the rap for thirty-two counts of income tax evasion and mail fraud—a total of $1.7 million in taxes. She was fined $7.9 million and, last April 15, began serving a four-year sentence. Prisoner #15113-054 arrived at the Federal Medical Center in Lexington, Kentucky, on her private jet, but soon was wearing a prison-issue blue shirt and pants like the rest of the inmates. Thirty days later, however, when the medical tests she required were completed, she was transferred to a minimum-security pen in Danbury, Connecticut—not far from her Greenwich mansion. While she'll still have a view of the rolling hills, now it will be from a seven-by-nine-foot cubicle—hardly a royal accommodation. ■

Jeff Bloch, a free-lance writer, co-authored three books with the late publisher Malcolm Forbes.

issues that she thought might interest him.

Though Bobby took life seriously, he let his guard down on at least one occasion with Marilyn. As her friend Jeanne Carmen remembers, Marilyn answered the door one day in the summer of 1961 to find the young Attorney General standing there looking a bit shy. Marilyn ran into his arms and kissed him on the lips.

"We dared Bobby to go with us to a nude beach," Carmen said. "He took the dare, and we fixed him up with a false beard, baseball cap and sunglasses. We walked along the beach and sat on a blanket for a while. Here were two famous people that nobody recognized. We laughed about it all the way home."

Happy birthday, Mr. President

But Marilyn's heart still belonged to Jack. In May 1962, she flew to New York to sing at his birthday bash at Madison Square Garden. She'd ordered a special dress for the occasion—a tight, flesh-colored gown covered with rhinestones.

The President arrived at his party without his wife. Jackie had chosen to go horseback riding in Virginia when she heard Marilyn would be there. Although Bobby brought his wife, Ethel, he went backstage to visit Marilyn before the gala started. According to writer James Spada in his book *Peter Lawford: The Man Who Kept the Secrets* (Bantam Books, 1991), when Bobby left her dressing room fifteen minutes later, Marilyn called out to her hairdresser with a giggle, "Could you help me get myself back together?"

As she waited to go onstage, Marilyn was a nervous wreck—and very tipsy. Peter Lawford had to introduce her three times before she finally appeared. When he took her ermine wrap, revealing the dress, the crowd of more than twenty thousand people went wild.

Later that evening, Marilyn attended a private party in Jack's honor. Arthur Schlesinger Jr. wrote in his journal that he and Bobby engaged in a mock competition for Marilyn. Adlai Stevenson said he could get to her only "after breaking through the strong defenses by Robert Kennedy, who was dodging around her like a moth around the flame."

Those who knew about Marilyn's affair with the President were almost positive he had "given" her to Bobby. But at about two A.M., Jack and Marilyn left separately and met at the Carlyle Hotel for two hours. What she didn't know was that this would be their last time together.

Bobby had been warned that the Mafia, as well as FBI chief J. Edgar Hoover, knew too much about Jack's sexual affairs. He had to be more careful.

Someone had to tell Marilyn not to bother the President anymore. That someone was Bobby.

The beginning of the end

After the birthday bash, Marilyn talked to Bobby on the phone, but Jack refused to take or return her calls. Nor did he respond to her romantic and frequently embarrassing letters.

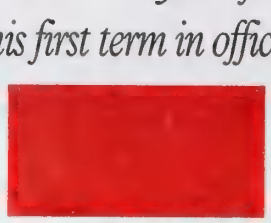
On June 26, a few weeks after Marilyn's thirty-sixth birthday, Bobby had dinner with her at the Lawfords' beach house and spent the night. Marilyn was still unable to fathom Jack's coldness. Abandoned, she was at her most vulnerable.

Bobby's sympathy prevented him from being objective, though he managed to make it clear that her affair with Jack was over. But instead of ending his own relationship with Marilyn, Bobby got even more involved with her.

Although Marilyn told close friends she wasn't physically attracted to him, his intellect did intrigue her. She forgot about becoming the First Lady and dreamed about marrying the Attorney General.

The next day, Marilyn's neighbors saw Bobby drive up to her house in a Cadillac convertible with the top down. Neighbors of the Lawfords often saw Bobby and Marilyn on the Lawford terrace or on the beach. Said one friend of Peter's, "She was crazy about him. She told me. I think he was nuts about her, too."

Marilyn told Peter Lawford that she believed she would be John F. Kennedy's wife after his first term in office



But everything changed when Marilyn discovered she was pregnant. Though she had dated other men in the past few months, the father was probably Jack or Bobby. Her pregnancy was cause for alarm for the Kennedys, and it was up to Bobby to see it through to the end. Marilyn called him regularly, as her telephone records indicate. And according to Bobby's secretary, he returned her calls, even if he was in conference.

On Friday, July 20, Marilyn had an abortion. On the following Monday, she called Bobby. Shortly thereafter he had his private number changed.

Distraught, Marilyn turned to her good friend Bob Slatzer. She told him that Bobby had promised to marry her, and she also showed him her diary. Slatzer was stunned by the contents. There were notes about the Bay of Pigs invasion, the Mafia, almost everything Bobby had ever told her.

"Have you shown the diary to anyone else?" Slatzer asked.

"Bobby saw it once and told me to get rid of it."

"What you have here is very dangerous," Slatzer said. "If you don't burn it put the damn thing in a vault."

Marilyn spent the following weekend with the Lawfords in Lake Tahoe. She appeared to be drunk or high on pills. Her tongue loosened, Marilyn told Peter she was planning to reveal her affairs with the Kennedy brothers because her phone messages were being ignored. "I'm tired of being used," she said. "I'm going public with everything."

The last days

Marilyn's obsession with Bobby took precedence over everything else the last week of her life. Just two days before her death, Bob Slatzer told her that he'd heard Bobby would be in San Francisco that weekend. The next day she tried to reach the Attorney General in Washington but couldn't get through to him. She called Pat Lawford in Hyannis Port and found out that Bobby, Ethel and the children had reservations at the St. Francis Hotel, in San Francisco.

That night, Marilyn couldn't sleep. She told her friend Jeanne Carmen that a woman kept calling and saying, "Leave Bobby alone, you tramp! Leave Bobby alone!" Marilyn said the voice was familiar, but she couldn't place it. Exhausted and lonely, she asked Jeanne to come over "with a bag of sleeping pills, and we'll drink some wine." Carmen said she was busy all day but would call back later.

An unsolved mystery

What happened during the afternoon and evening of August 4, 1962—the day Marilyn died—has never been firmly established. Much of the confusion can be blamed on Peter Lawford's changing his stories frequently over the years. The evidence various experts have pieced together seems to show that Bobby Kennedy, accompanied by Peter Lawford—went to Marilyn's house that afternoon and told her the affair was over. There was a violent argument, and Marilyn became hysterical. Her psychiatrist, Dr. Ralph Greenson, was summoned to the house and gave her a shot to calm her down.

That night, Marilyn had been invited to dinner at Peter Lawford's, where she had planned to meet Bobby. But after the vicious argument earlier that day, she knew their affair was over for good. At about two P.M., a drugged and depressed Marilyn apparently called Dr. Greenson, who came to the house and *(continued on page 1*

merican Tobacco Co. 1992.



Memories of Marilyn
continued

stayed with her until seven-fifteen. A short time later, Marilyn called Peter and told him not to expect her for dinner.

At nine-thirty, Marilyn phoned Jeanne Carmen again and asked her to come over and bring some sleeping pills. Jeanne said she couldn't. Marilyn's last call was most likely to Peter around 10 o'clock. "Say good-bye to Pat," she mumbled. "Say good-bye to Jack, and say good-bye to yourself because you're a nice guy." She didn't hang up the phone—there was just silence. Peter tried calling her back several times, but the line was busy. A few hours later, Marilyn was found in a coma.

When Peter Lawford heard the news of Marilyn's death, he contacted private investigator Fred Otash. Peter "was in a state of shock," Otash said. He "wanted me to go to Marilyn's house and pick up any information that linked her to the Kennedys."

Otash sent someone else to Marilyn's house. But it was too late. Her file cabinet had been broken into, and whatever she'd locked up for safekeeping was missing.

After examining Marilyn's body, the coroner, Dr. Thomas Noguchi, concluded that Marilyn's death was a "probable suicide" caused by acute barbiturate poisoning due to an overdose. But there remain many conflicting accounts of just how Marilyn died. Even Marilyn's psychiatrist, Dr. Greenson, who had been called to her house that night, seemed to know more than he could reveal. Two years after Marilyn's death, Greenson told a reporter over the phone, "It's a terrible position to be in, to have to say I can't talk about it because I can't tell the whole story. Listen . . . talk to Bobby Kennedy."

A private good-bye

After the news of Marilyn's death was made public, her half-sister, Berneice Miracle, asked Joe DiMaggio to make the funeral arrangements. DiMaggio, who had never stopped loving Marilyn, was inconsolable. He blamed Hollywood and the Kennedys for what happened to her. He did not want any movie stars to attend the services at Westwood Memorial Park chapel. In all, fewer than thirty people were allowed in. Pat and Peter Lawford were turned away, as were Frank Sinatra and Sammy Davis Jr.

After a brief eulogy by Lee Strasberg, Marilyn's acting mentor, and a few words from the pastor, the service ended with a rendition of "Over the Rainbow." Then the coffin was opened. Marilyn was wearing a green Pucci dress, lying on a bed of champagne velvet, a bouquet of roses from DiMaggio clasped in her hands. DiMaggio sobbed, "I love you," and kissed her one last time. America's tragic sex goddess was gone. ■

Katie and Chris
continued from page 115

studio. "This is a thrill for me," said thirty-five-year-old Katie, a self-admitted klutz on the tennis court. "I watched Chris growing up, and I've grown up with her."

Evert burst onto the tennis scene in 1970, a shy, ponytailed teenager with reinforced-steel nerves, a two-fisted backhand and an unrelenting baseline game. Eighteen years, seven French Opens, six U.S. Opens, three Wimbledons and two Australian Opens later, Evert had pocketed close to $9 million in prize money and several million more in endorsement fees, and had become a role model for a generation. Now, of course, her two biggest fans are second husband Andy Mill (the two married four years ago) and their son, Alex, who was born last October.

Couric's rise, while less meteoric than Evert's, has hardly been less impressive. She began her career in 1979, working mostly behind the scenes at ABC and CNN. Then, after on-camera stints at NBC affiliate TV stations in Miami and Washington, she was tapped to be the network's deputy Pentagon correspondent. A year later, she was named national correspondent for *Today*. Asked to fill in on *Today* in February 1991 while then co-anchor Deborah Norville went on maternity leave, Couric came, was seen, and she conquered. Her quick smile and even quicker wit made her an almost instantaneous hit and helped boost *Today*'s sagging ratings. Last July, she and her husband, Washington, D.C., attorney Jay Monahan, added a new viewer: their first child, Elinor.

These two winning women might seem to have achieved near-perfect balance in their lives—but both of them say that's not so. Here, they talk about success and its stresses, fame and family.

ON WINNING BIG

LHJ: You both have a good-girl image. How you do feel about it?

Chris: I'm not saying I'm *not* a good girl [big laugh], but my image isn't one I love.

Katie: Any time you get typecast—with me, it's the girl-next-door—you do feel trapped. I want to say I'm not so one-dimensional. Sometimes I think I'd rather be portrayed as exotic, glamorous and mysterious—more like Sonia Braga than Annette Funicello.

LHJ: What do you see as the formula for success?

Chris: Dedication, setting goals and pursuing them. I never wanted to be distracted. I needed to be single-minded and to have tunnel vision.

Katie: I think it's doing something you love so it doesn't feel like work. You don't think about being disciplined. You do it for the sheer joy of doing it. If you do something you really love, you'll be goo at it, and success will follow.

LHJ: How important is winning?

Chris: For the first half of my life, wi ning was everything, and probably tha not the best thing. Since I retired, thoug I think I'm finished with the intense pa of my life; whatever happens, I'm going be a lot more relaxed and not put as mu pressure on myself.

Katie: Winning for me is doing a good i terview, having a guest who hasn't be on any other morning show. But it's i portant to be a good sport when you do win—to laugh at yourself, to accept t fact that you're not perfect and that yo imperfections can be humorous.

LHJ: How do you feel about bei competitive? Is it ever unhealthy?

Chris: If you're obsessed with winni and losing, that's unhealthy becau you're eliminating every other thing your life. Be competitive on the court, a after you've finished, go out to din with your opponent—that's healthy.

Katie: Competition is healthy wh you're competing with yourself, when hold yourself to certain standards. It's healthy when you obsess about it or wh you spend too much time compar yourself to someone else.

LHJ: Do you think it's ever unfemin to be competitive?

Chris: That attitude may have held tw ty years ago, but I think women now admired for competing and shin through. I was one of the meanest c petitors around. I had the coldness on court, but I don't think it took away f my femininity. It's a part of who you it's not all you are.

Katie: With more women entering workplace, competition is a fact of Competitiveness, when kept in check, be a very attractive quality, becaus means you care about your work and you have high standards.

LHJ: How do you keep competitio check?

Chris: Tennis was the only area I competitive in. When we would games like Trivial Pursuit, it didn't t er me that I was last. As far as tur competition off, I think that's why I an eighteen-year career—I could tu on and off.

Katie: I'm extremely competitive al all the time, and I do have a hard turning it off. I'm not competitive "Oh, I look better than you" or anyt ridiculous like that, but I'll get reall set if another show has a guest we sh have had. And when we play games very competitive and I have to r concentrate on turning it off. Whe play Jeopardy at home, I'm *(conti*



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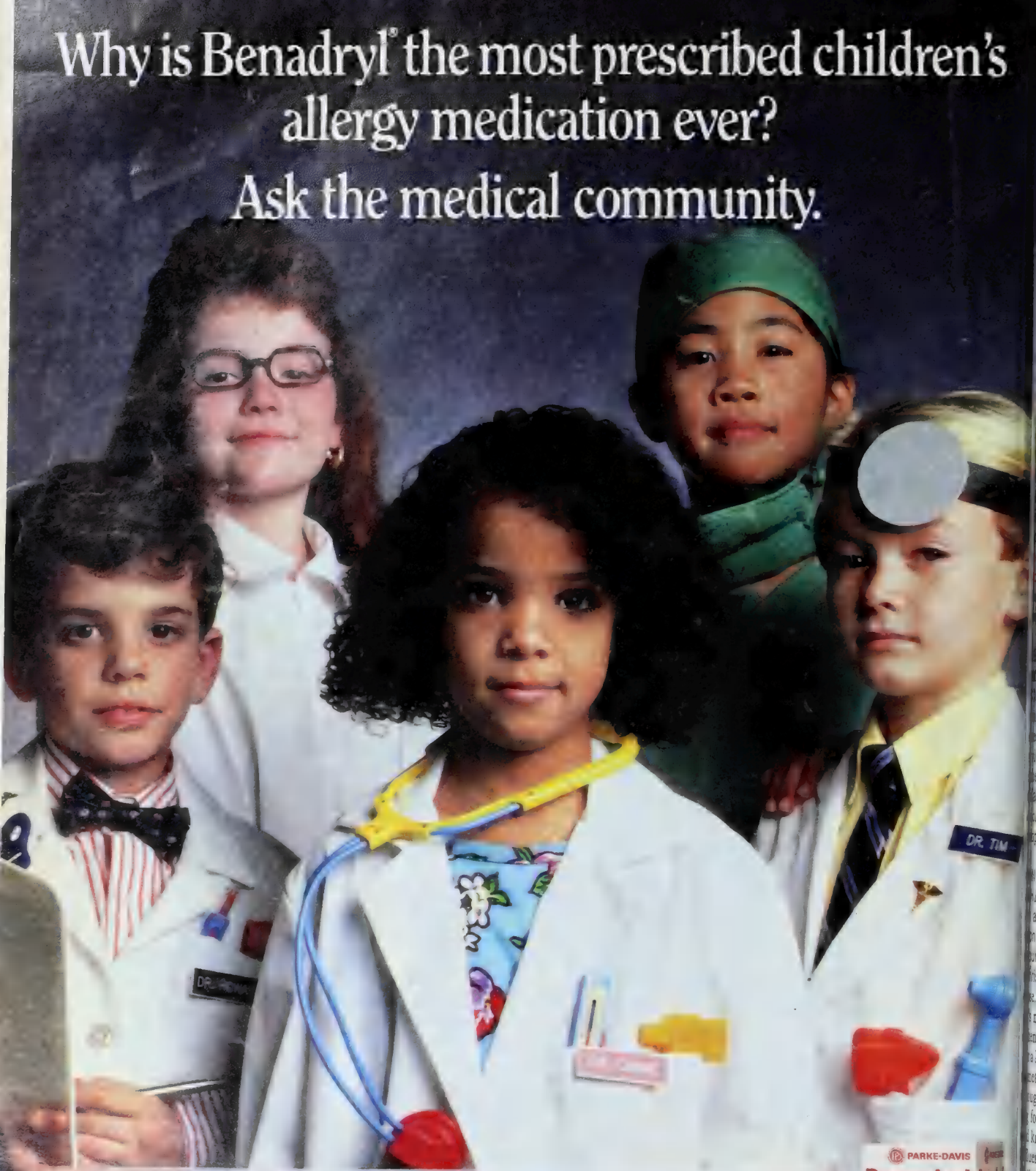


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tie and Chris

tinued

king out the answer and cursing when ave it wrong.

FAME AND ITS REPERCUSSIONS

J: How do your husbands react to ur success? Do you feel protective your husbands' egos because 're better known?

tie: He's terrifically supportive. netimes it's difficult that I have such a h-profile job. He's an attorney, he's re- bright, much smarter than I am, and I e the greatest respect for what he does. t he doesn't have millions of people ap- uding every time he does a brief and ognizing him on the street, so some- es the disproportionate amount of at- tion that I receive bugs me.

ris: When we're in tennis situations, the star. People come up to me, and t's fine. When we're in skiing situa- ns, people come up to him. If everyone he ski industry came up to me and ig- ed Andy, I think there would be a big blem. But I do feel protective when ple shove Andy aside and are rude. I annoyed.

J: How do you keep fame and its ains in perspective?

ris: My family. They kept me down to th and never treated me like a star. My t friend is a girl I went to high school h. They all help me keep my feet on ground.

ie: My answer would be almost iden- l to Chris's. I feel like I know what's portant.

MOTHERHOOD

J: Aside from the fact that you're a constant state of sleep depriva- n, how has motherhood changed r life?

is: It's certainly given me more pur- e. It's certainly given me bigger boobs! not that there was a void in my life n I finished tennis, but I was looking a little more purpose. I was looking for ething to sink my teeth into, and sure ugh, I found it! [Big laugh] It's excit- for me to see this little human being know I'm going to help shape his life, uence it.

e: It's been wonderful to go from g a couple to being a family. I look llie every day and can't believe that sperm fertilized the egg and this g grew inside me and here she is. so exciting and daunting, the pect of raising a child, particularly is day and age, but at the same time xhilarating.

: We talked before about your se of competitiveness. Does that / over to your children?

Chris: My husband was an Olympic skier, and I was a professional tennis player, so I think we have to be careful about the pressure. I think I would like to introduce my child to every aspect of life, not just sports.

Katie: I've already noticed that my competitive nature sometimes translates onto my child: She's the cutest, period. The best athlete at eight months. The most intelligent. That worries me. I'd like to have a healthy amount of parental ambition for her, because I think when your parents motivate you it helps. I know my parents were key in motivating me. I just hope I find the right balance to encourage her without pushing her too hard and to give her the freedom to excel in what she wants to excel in—not what I want her to excel in.

ON STRESS AND RELAXATION

LHJ: Does getting on the scale and weighing too much or having "a bad hair day" ever frazzle you?

Katie: I do worry. I'm concerned about my looks to a certain degree. I want to be attractive. I'd like to look like Elle MacPherson, but I know I never will. That's another thing that comes with age, an acceptance of what you are.

Chris: For me to be able to cope, I have to exercise every day. I want to be fit, because I know how good it feels. But it's important not to dwell on "oh, I wish I could be taller" or "oh, I wish my hips could be thinner."

LHJ: How do you relax?

Chris: I think I need more time to relax than ever. Having a baby is twenty-four hours of responsibility every day. I work out. I love massages, and I try to have one once a week. Or my husband and I will go to a movie.

Katie: I watch Oprah Winfrey and eat bonbons. I'm kidding! I go on walks with my daughter, I read magazines. I like to go to movies and bike ride, and I'm learning to Rollerblade, but I don't think that's going to be relaxing!

ON THE OLYMPICS

LHJ: What's the biggest thrill about going to Barcelona?

Chris: Tennis can't stand on its own at the Olympics. It's part of something bigger. I'm looking forward to going over there to watch all the sports.

Katie: I can't even believe I'm going to be a part of it. I worked as a production assistant at the Winter Games in Lake Placid when I was with ABC News. There, I basically carried tape and fetched dinner for the producers. The idea that I'm involved to the extent that I am is mind-boggling. *That's* progress! ■

Joanne Kaufman writes frequently about celebrities for LHJ.

Women and pornography

continued

He'd play movies on the VCR, freeze-framing the tape whenever a particular activity interested him. "He'd say, 'See how that woman performs sex?'" says Haas. "'I want you to do it like that.'"

For Barbara Carrellas, a Manhattan theater producer, pornography is a liberating, not oppressive, experience. "It gives me a sense of freedom and makes my sex life more imaginative," says Carrellas, thirty-eight, who watches six to eight explicit videos every month, with friends, a lover or by herself. "What these videos have taught me," she says, "is that there's more pleasure in the world than I was led to believe when I was growing up."

The porn explosion

Haas and Carrellas occupy the extreme positions on one of today's most controversial issues: pornography and the effect it has—or doesn't have—on us. One side claims it fosters sexist attitudes toward women as well as violent sex crimes. The other camp says it is sexual repression that breeds sexual violence, and that pornography, carefully chosen, can be an enriching erotic experience.

But both camps agree on one thing: Pornography—loosely defined as the depiction of sexual activity for the purpose of causing erotic excitement—is a multibillion-dollar business these days. It has also gained a surprising respectability: Upscale topless bars dot the landscape. Madonna strikes some rather memorable poses in an upcoming coffee-table book of erotic photos. *Vox*, a highly literary novel about telephone sex, hits the best-seller lists. And when thoroughly ordinary couples go to the video store to pick up *101 Dalmatians* for the kids, they're just as likely to take home titles like *Anyplace, Anytime* or *Bottoms Up* for themselves.

Perhaps most surprising of all, however, is the willingness of women like Carrellas to come forward and unashamedly declare their interest: In one recent issue of *Harper's* magazine, author Sallie Tisdale not only admitted her penchant for frequenting her neighborhood sex emporium, she defended it. "I want not to accommodate pornography but claim it," Tisdale wrote. "I want to *own* sex . . ."

Of course, erotic materials are nothing new. They've been around for centuries; witness the illustrations of the *Kama Sutra* and Far Eastern woodcuts. In the ashes of Pompeii, archaeologists found walls scribbled with bawdy messages and for-a-good-time recommendations.

Yet pornography isn't always about good, healthy sex between consenting adults; all too often, it is darkened by violence or coercion. In fact, pornographic materials run the gamut from those involving torture and child molestation, which shock and disgust all but the most depraved people, to soft-core books and videos that *(continued)*

repel only the most conservative.

It is the hard-core materials, especially, that legislators are targeting. One current measure, the Pornography Victims' Compensation Act, sponsored by Senator Mitch McConnell (R-Kentucky), would allow victims of sex crimes to sue pornographers for damages if they can establish that their attacker committed the crime because of pornography he had seen or read.

"We're talking about violent, hard-core, pornographic material directed against women and children," McConnell says. "My goal is to drive the pornographers out of business."

The bill has a number of critics, however, who believe it would infringe upon the First Amendment right to free speech—and be virtually useless as well: The only state to currently have a similar law on the books is Illinois, but it has languished since it was enacted in 1990 because of what experts say is the impossibility of establishing in court a cause-and-effect relationship between pornography and sex crimes.

Antipornography statutes have been passed in Minneapolis, Indianapolis, and in Bellingham, Washington, but ultimately struck down. In fact, the anti-porn activists' only real victory has been not in the U.S. but in Canada, where that country's Supreme Court ruled earlier this year that sexually explicit materials could be deemed obscene if they involved violence or degradation.

The term "degradation" allows for exceptionally broad interpretations: Activists like Catharine MacKinnon, a University of Michigan law professor who worked on the Canadian case, believe there is, in fact, little or nothing in pornography that doesn't degrade and therefore harm women. "Theoretically, there should be sexually explicit materials that are egalitarian," she says. "But I don't know of any that are."

Whether or not such materials exist, there are some indications that people may not be too interested in them: Preliminary results of a study by Wendy Stock, Ph.D., assistant professor of psychology at Texas A&M University, showed that men preferred pornographic material that was dehumanizing toward women—i.e., movies in which the woman starts out in a powerful position, such as a doctor, but ends up catering to the man's every sexual wish. And the women in Stock's study preferred pornography in which *females* were the sexual aggressors.

And to the radical anti-porn activists, freedom from what they see as the degradation of pornography is a far more important liberty than freedom of speech. Says feminist author Andrea Dworkin, who coauthored the Minneapolis ordinance with MacKinnon, "Women don't currently have freedom of speech. Sexual abuse silences them . . . For those of us who fight pornography, it's because we want to stop rape. It's a total refusal to look at reality, and not understand the role pornography plays in promoting the rape of women."

A violent link?

There is certainly some strong anecdotal evidence that seems to support anti-porn arguments. For example, Steven Pennell, th "corridor killer" who was executed earlie this year for killing two women in Delaware had a stash of violent pornography. Authori ties speculate that he used one film, *Th Taming of Rebecca*, as a prototype for the wa he tortured and mutilated his victims.

Lieutenant Michael Pera, head of th Sexual Assault Unit of the San Francisc Police Department, says it is not uncom mon to find rapists with an interest in erot ic material. But he cautions, "The questio is whether the pornography generates thei crimes or whether it's attractive to ther because of their problems."

In fact, a number of experts questio whether there is any relationship at all b tween pornography and sex crimes. Say Edward Donnerstein, Ph.D., a professor the University of California at Sant Barbara, who has studied pornography an violence for decades, "It's a very old a sumption, 'Monkey see, monkey do Things just don't work that way. The a sumption that this person sees material an that's what caused the crime—it's insane.'

Such statements, no matter ho grounded they are in academic researc don't convince women like Pat Haas. blame Bob for what he did to me," s says intently. "He may have been viole without it, but probably not in the sam way. Bob hates women, and the pornogr phy helped him channel that against me

Neil Malamuth, Ph.D., head of the comm nications department at the University Michigan, agrees that pornography *can* inf ence the way men view women. "Messages th suggest sexual violence is acceptable do chan attitudes for some men," says Malamuth.

But he emphasizes that there's a big d ference between changing one's attitu

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TELL US WHAT YOU THINK

As you can see from the accompanying special report on pornography, it i controversial, volatile issue, and we would like to hear what you think. B cause pornography affects so many women, we believe the readers *Ladies' Home Journal* need to register their opinion in Washington, wh at least one federal anti-pornography measure is being considered. make your voice heard, you can call 900-454-4666 between 8 A.M. Eastern ti on Monday, July 13, and 11:59 P.M. on Sunday, August 2. Each one-minute will cost 99 cents. When we've tabulated the results of the poll, we will write all l islators in Congress to tell them just how crucial an issue you think this is. We also publish the results in a future issue. This is what you will hear when you cal

Question 1: Do you support Senate Bill No. 1521, sponsored by Sena Mitch McConnell, which would allow victims of sex crimes to sue pornog phers if they can prove a link between pornography and the crime?
Press 1 for yes Press 2 for no

Question 2: Do you believe that pornography, overall, is harmful to wom
Press 1 for yes Press 2 for no Press 3 for in some cas

Question 3: Do you believe that pornography should be restricted, eve by doing so the First Amendment right to free speech is curtailed?
Press 1 for yes Press 2 for no

nd changing one's behavior. "If a person as some attraction to sexual aggression," Malamuth says, "that doesn't mean that ney will necessarily go out and commit any ct of aggression."

Still other researchers, such as Eli Coleman, Ph.D., director of the program in human sexuality at the University of Minnesota, say sexual violence stems not from pornography but from a repressive upbringing nd a society that makes no allowance for xual practices that deviate from the norm.

"Our society needs to have controlled outts for various human drives and impulses," e says. "It's better than people feeling shamel about those fantasies, hiding them and hen acting them out to everybody's surprise."

he pleasure principle

he defenders of pornography say much of it oes not cater to sick personalities, but inead provides pleasurable fantasies to hunreds of thousands of couples. *Adult Video ews*, a trade publication, says a record numer of women are patronizing the X-rated ack rooms of video stores. "It is no longer st a male sport," says Judith Seifer, Ph.D., okesperson for the American Association Sex Educators, Counselors and Therapists.

Susan*, a thirty-two-year-old Miami journlist and the mother of one, finds sexually plicit movies and books a powerful turn-. "I look at it as eroticism. We've been arried for six years, and when we watch an -rated video together, it's like foreplay."

Many experts believe that pornographic aterials can be a valuable aid for couples ose sex life is faltering. Says Seifer, "The ost common sexual dysfunction therapists al with is sexual boredom." In this age of DS, when monogamy is of critical impornce, Seifer sometimes sends her clients to leo stores to rent an X-rated movie. "If consensual and doesn't mix porn and vince, what's wrong with that?" she asks.

Even therapists themselves are making trip to the back room of the video store: acy Cabot, Ph.D., a therapist and author Van Nuys, California, uses films to spice her sex life. "If my husband and I really e a particular movie, we buy it," she says. njoy the fact that it's a little naughty; it es us new ideas. I make no apologies."

aking the choice

he final analysis, the debate over pornohy may come down to determining ch is the lesser evil: the possibility that dom of speech may be restricted or the sibility that more women may become ims of sex crimes. Says Neil Malamuth, s a matter of balancing harms."

ut love it or hate it, pornography is certainot going to disappear; it expresses, after all, of our most primal instincts—an instinct we experience, in differing degrees, as amlent, powerful, shameful and ecstatic. ■

hryn Casey is a contributing editor to ies' Home Journal.

Journal Special Offer

from page 137

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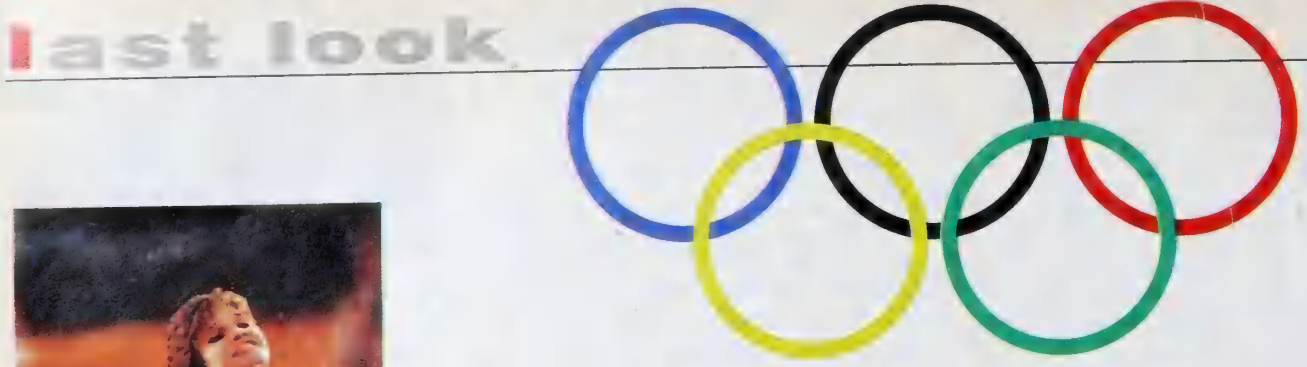
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Winning women

FEMALE ATHLETES HAVE MADE GREAT STRIDES IN RECENT YEARS. HERE'S OUR SALUTE TO SOME LEGENDS OF OLYMPICS PAST



Gymnast **Mary Lou Retton** (top left) perked her way to the gold in 1984—the same year the world winced as runner **Mary Decker** (left) took a heartbreaking tumble, losing her almost-sure shot at a medal. In 1988, **Florence "Flo-Jo" Griffith Joyner**







(bottom left) sprinted off with three golds, while sister-in-law **Jackie Joyner-Kersee** (above) set records in the heptathlon and long jump. **Donna De Varona** (left), the 1964 Olympics' star swimmer, now shines as an ABC sportscaster.

Photos, clockwise from top left: Focus on Sports; Duomo/Steven E. Sutton; Focus on Sports; All Sport; Manny Millan/Sports Illustrated.

September
1992

SPECIAL ISSUE

fall preview

Journal

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BONUS SECTION
NEW FINDINGS
The secret world of children

N REPORT
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Fall fashions you'll really love

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She's back, she's blond, BUT HAS SHE SOLVED HER PROBLEMS?

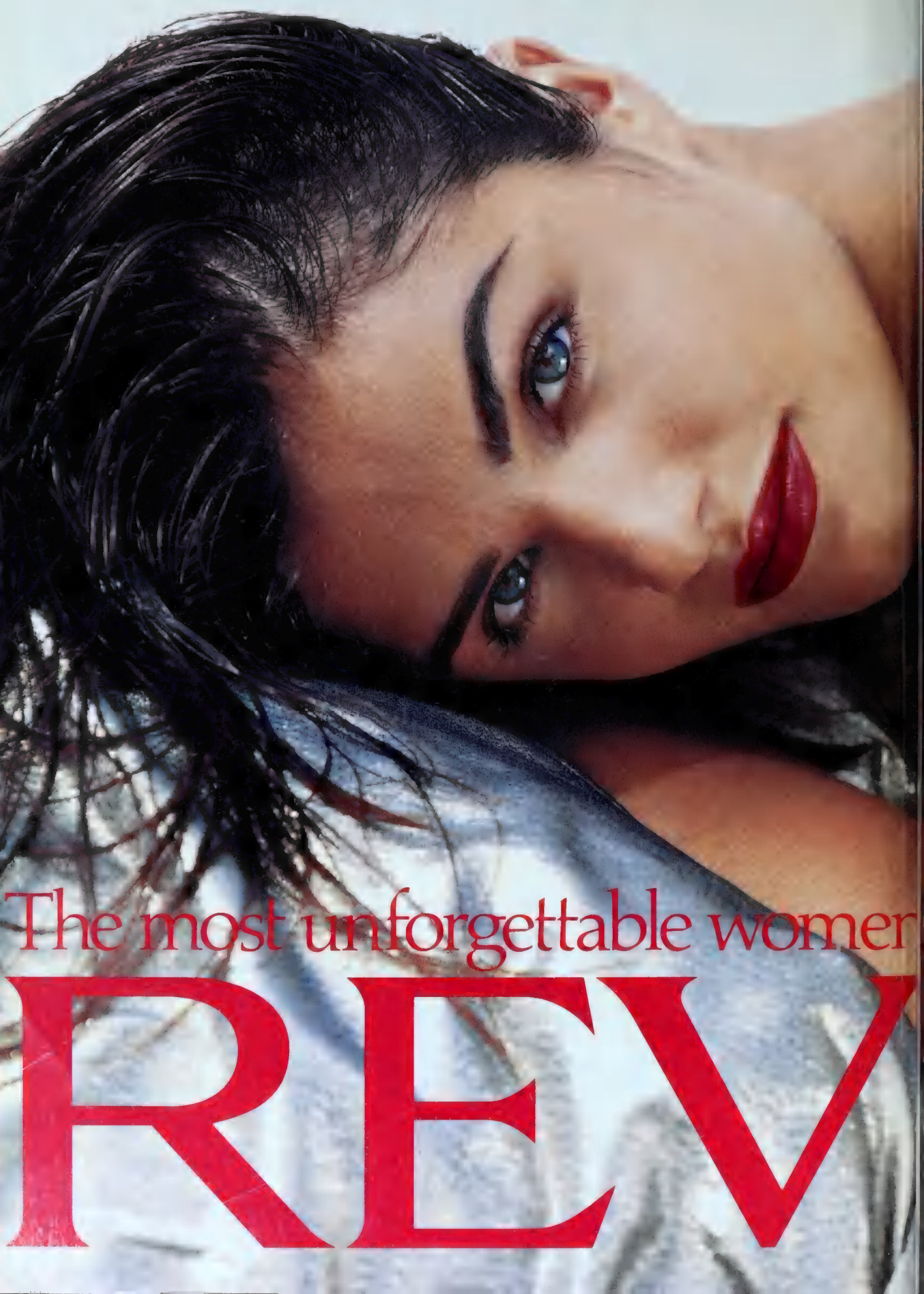
"I've had more ups and downs than Elvis"

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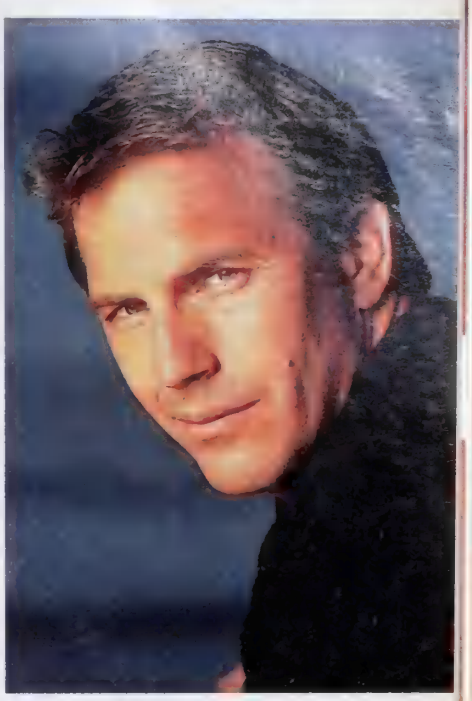
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Cover photo: Gamma-Liaison; hair and makeup, Eric Bernard for Cloutier; stylist, Calvin Haugen; pink blouse and jacket, Dolce and Gabanna; earrings, Morgan Taylor. Insets: food, Mark Thomas; fashion, J. Hill; Jerry Seinfeld, NBC. Photos, this page, from top: Mark Thomas, J. Hill.



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That's what we call you, the readers of *Ladies' Home Journal*, because we know for a fact that our audience is made up of intelligent, active, caring women who are interested and involved in the world around them. That's why we're adding an exciting new column to the magazine. CNN, the world's news leader, and *LHJ* are teaming up to produce "Newsline report," a column of late-breaking news for women. You'll find the first column on page 39, with interesting items on a wide-ranging array of topics.

Personally, I take special delight in this new relationship between *Ladies' Home Journal*, which will be one hundred nine years old this year, and CNN, which is so much the symbol of up-to-the-minute worldwide reporting. But, then, *Ladies' Home Journal* has flourished for over a century because it has always honored its traditions while staying in tune with the times—and our leadership readership!

While we're talking about news, I thought you'd like to know that I was recently selected to receive the Headliner Award from Women in Communications, Inc. I'll be given the award in October at the organization's national convention, in Chicago. Women in Communications, Inc., began as a sorority for women in journalism more than eighty years ago. Now it includes professional women from all branches of the media from all over the country. Thanks, WICI! I really appreciate being selected for this special honor.

Finally, I want to make sure that all the readers of *LHJ* register and vote this year. Though state laws differ, this is the time to make sure you're registered. You could also ask your friends and relatives if they are registered as well—and if they're not, make sure they do! We all realize it is going to be an exciting and important election. Remember, *LHJ*'s slogan is "Never underestimate the power of a woman." Please, use your power in the voting booth.

Myrna Blyth

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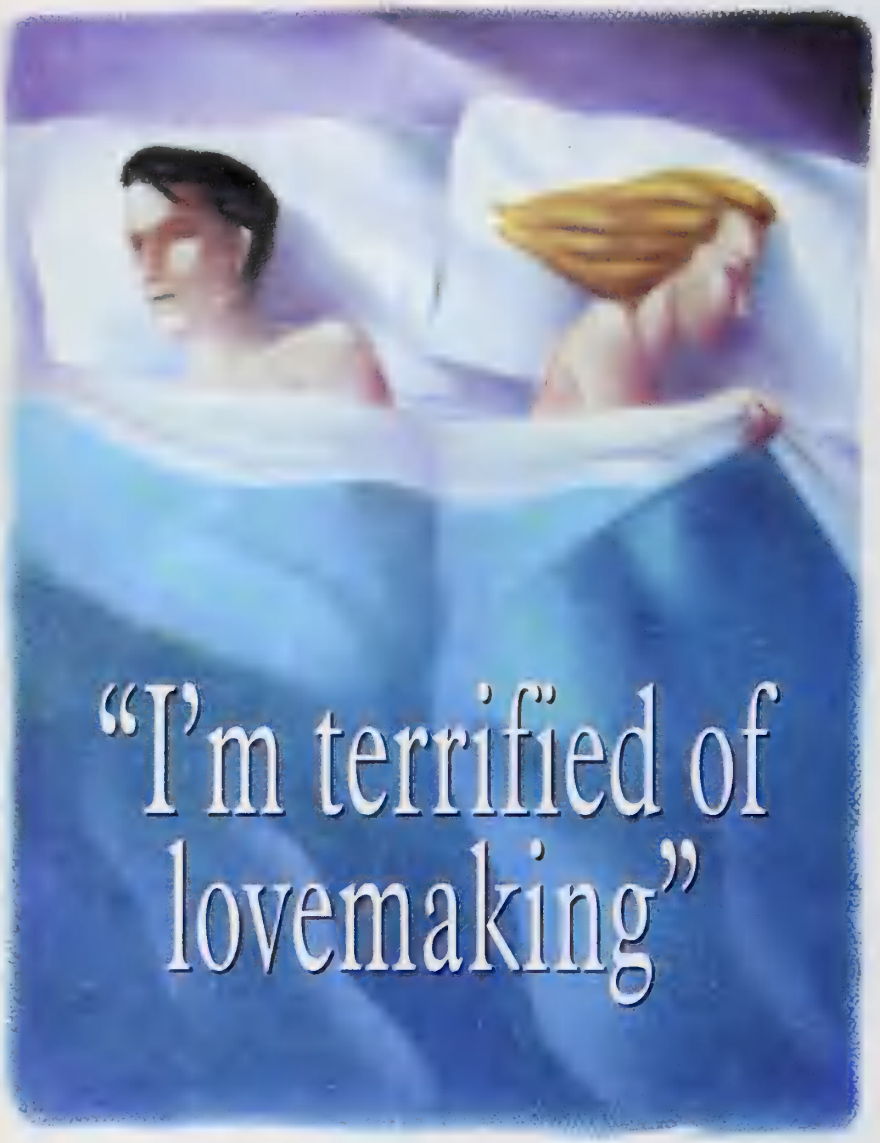
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"I'm terrified of lovemaking"

BY JUDITH A. REIMER

MARY'S TURN "I'm a failure as a wife because I hate making love," said Mary, thirty-four, a beautiful, dark-haired Hispanic woman whose quavering voice was rising hysterically. "I've promised Matt a million times that I would call someone for help, but I couldn't make myself do it. I've been too ashamed.

"I'm here now because Matt told me last night he'd called a divorce attorney. I knew that, someday, it would come to this. I know that what I've been doing is wrong—I avoid sex whenever I can. Every night when he starts touching me, I think, Oh, God, I have to do it again.

"We've been married ten years, and every morning I tell myself that things will be different. But they never are; I can't seem to change. I make up excuses like I haven't showered, or I have a backache. The crazy thing is, when we do make love, my body responds. I do have an orgasm. But getting me to that point is almost impossible.

"Looking back, I think my mother must have had the same problem, though of course we never discussed it. Mother never mentioned sex to me. I never saw any sign of affection between my parents either.

"I was the only daughter in a family with three older boys. My father was a real macho type. He had to approve of my friends, my activities, even my clothes. 'That dress makes you look cheap,' he'd bellow. 'Take it off right now!' The only discussion about sex in our family was to warn me against it.

"I learned about the double standard early on. I can vividly remember seeing my father flirting with other women. When I was a teenager, Mother told me he'd had an affair while she was pregnant with me.

"When I started dating, my brothers were just as overprotective as my father, if not worse. By the time I was twenty-one, I had to get away. I stood up to them all; I found an apartment and got a good job.

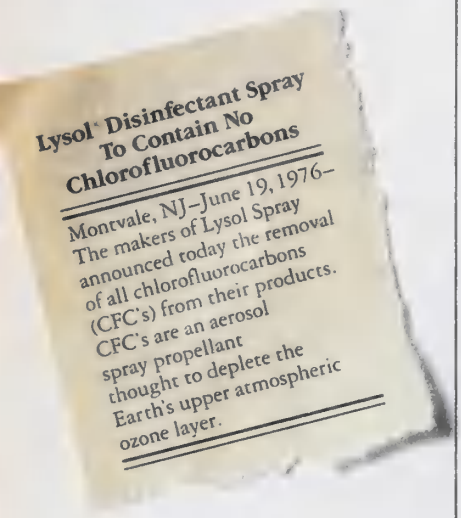
"At first, I went wild with all the freedom, partying every night. But I proved I could stay a good girl.

"I met Matt when I was twenty-three. He was in the military, and *(continued)*

THIS MONTH'S CASE IS BASED ON INTERVIEWS AND INFORMATION FROM THE FILES OF MARK W. STEEGE, A.C.S.W., A.C.P., A COUNSELOR IN PRIVATE PRACTICE IN SAN ANTONIO, TEXAS. THE STORY TOLD HERE IS TRUE, THOUGH NAMES AND OTHER DETAILS HAVE BEEN CHANGED TO CONCEAL IDENTITIES.


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Can this marriage be saved?

continued

we started seeing each other every day. In less than a year, we were married.

"Lovemaking wasn't a problem in the beginning. I was shy and scared, but Matt was gentle and patient; he still is. I knew he had more of a sex drive than I did, but I thought this was normal. Then he started buying me sexy negligees and wanted me to parade around in them. I couldn't do that—I felt uncomfortable and cheap; he'd get very hurt. I think that's when I began to look for excuses to avoid sex.

"We both wanted a baby, and I got pregnant right away, but I had a terrible time of it. I was hospitalized with a urinary tract infection several times, so there wasn't much opportunity for sex. Then, after Steven was born, it was weeks before I stopped bleeding. That's when Matt started to accuse me of faking reasons to avoid him.

"Matt was still in the service, and about this time we were transferred to a small town. I found a job in the post office, and I could take Steven with me. In the evening, we just watched TV or played with the baby because there wasn't much else to do. We didn't go out with other couples or have friends over. We really were content just to be together.

"For a long time, we made sure never to argue in front of Steven, but lately that has become impossible. If I try to discipline Steven, Matt takes his side. I end up yelling at both of them. Then, once Steven is in bed, the other part of this marriage starts. Matt looks at me, and inside I cringe. Before we know it, we're into a huge fight.

"But the thing is, even when we do make love, Matt isn't satisfied; he wants me to act like I'm dying to have him all the time. I can't do that. He'll come up behind me and start kissing my neck. If I tense up, he gets furious.

"Believe me, I've tried to find other solutions to this mess. Once I suggested we plan to make love every Saturday night, and I'd try to be just the way he wanted me to be. He acted as if I were crazy. 'You can't schedule making love like a dental appointment,' he screamed.

"Matt's job has always been pretty much nine-to-five, but last year he started going out after work and staying out late. A few months ago, he had an affair, a one-night stand. He says I drove him to it, and he's right. He said he wanted to shock me into changing. Then last night, he announced he'd hired a divorce lawyer.

"I hope you can help me understand why I am driving away the man who loves me. If I can't understand myself, how can I expect Matt to understand?"

MATT'S TURN "I know my wife has serious problems," said Matt, thirty-eight, a tall, broad-shouldered man with sandy hair. "I've done everything I can think to help, but, frankly, I don't see any hop

"Mary makes me sound like a sex-o sessed animal. That's not true. I've be over backward being patient. We have go for weeks—months—without making lov

"Lately, she's had such a temper, don't know what's going to set her off. seems as if she's looking for an argume all the time. The minute Steven com home, she lashes out at him about som thing. She thinks I'm undermining h authority, but I'm trying to protect hir If there's anything I hate, it's consta screaming. I lived with that growing up.

"I come from a family of conservativ hardworking farmers. To outsiders, must have looked like the perfect famil but it was a home riddled with hostili and anger. I've been the black sheep sinc I was eighteen and 'deserted' the farm t join the service. I'm determined that m own family will be peaceful.

"I knew there were problems in ou sexual compatibility early on. I didn't ex pect us to have similar needs, especiall considering Mary's ultrasheltered life, bu I thought she had shaken free of all tha She seemed very self-sufficient. She wa everything I had always wanted—swee quiet, beautiful. I was twenty-seven an ready to get married. I'd dated a lot o women, but no one seemed to fit my ide of the perfect wife. No one except Mary.

"I figured her reluctance about lovemak ing was due to shyness. Though she woul never initiate sex, I bought her beautiful ex pensive nightgowns to get her in the mood Her attitude was one of chronic avoidanc How could I not take it personally?

"We were pretty happy for a while afte we were transferred to that small Mid western town. Steven had *(continued*

Skill builder

Are you on the same wavelength?

Like many couples, Mary and Matt weren't always on the same wavelength when it came to making love. They had to rediscover how to be intimate. To do this, counselors suggest you abstain from intercourse for a week. You may kiss, hug or cuddle, but refrain from anything more. Your primary physical contact will be in the form of a full body massage—excluding the genitals. Take turns doing this. And make sure the person getting the massage is specific about giving directions, informing his or her partner what feels good, what doesn't, where you would like to be touched, and so on. At the end of the week, resume intercourse.



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just been born, and the three of us would go for long, peaceful rides in the country. But Mary started to use her pregnancy and recovery to avoid sex. That tore me up. You can say you love a person all you want, but actions speak louder than words.

"Can you blame me for blowing up? I want my wife to want me the way I want her. The strange thing is, once we do start making love, Mary responds, so you can't say she's frigid. But most of the time, she wants to schedule it like some kind of wifely chore.

"Having that affair, if you can call it that, was stupid. I regret it. But I think I wanted to prove there was nothing wrong with me as a lover. Calling the lawyer was my last resort. I don't want a divorce—but I've run out of patience."

THE COUNSELOR'S TURN

"Mary and Matt's sexual dysfunction was affecting every area of their lives," said the counselor. "Mary came to my office alone the first time, but once Matt saw that Mary was committed to making a change, he agreed to join her.

"At this point, both Mary and Matt considered the problem to be Mary's alone. I wanted to make them see that both of them were actually responsible for their impasse.

"As the only daughter in a very traditional family, Mary was brought up very differently from her older brothers, especially when it came to sexual matters. She believed implicitly in what her parents had modeled for her in terms of the qualities of a good wife and mother. What stood out most clearly: her father's condemnation of anything remotely sexual. Over the years, he reinforced his belief that to be seductive in any way was sinful, and Mary carried this attitude into her marriage. Compounding the problem for Mary was the fact that she had a love-hate relationship with her father: Though she adored him, she couldn't forgive him for his infidelities, which had hurt her mother so desperately.

"Mary was indeed pulled in two directions. She wanted to fulfill her husband's desires, but the belief that sex was dirty had been ingrained in her since childhood. If she allowed herself to respond positively to lovemaking, then wouldn't she be the bad girl her father had warned her against? The only way to save herself from such shame was to avoid making love whenever possible.

"When I first met Matt, he felt wounded and deeply rejected by his wife as a person as well as a lover. Matt couldn't separate being wanted physically with being loved emotionally, while to Mary these were clearly two different things. I explained that resolving an issue does not always require agreement. Sometimes, couples agree to disagree. I told them that if they wanted to make this relationship work, they had to promise each other that despite their differing opinions on love and intimacy, they were committed to saving the marriage. Convinced that they both were, we moved on.

"Mary and Matt were startled to see that in some ways, Matt's seemingly patient attitude had actually made the problem worse. When Mary didn't meet his ideal version of good wife and mother and seductive lover, he refused any suggestions that required him to change, and he never offered to go with Mary to get counseling. Matt came to recognize that he felt insecure because he wasn't getting sexual attention from his wife in the way he wanted. The only way he could feel good about himself was to play the role of the long-suffering husband.

"When Mary did agree to make love, Matt refused—not because, as he said, he didn't want to force her but rather to make sure that their difficulties were all his wife's fault. He even refused responsibility for his extramarital affair, insisting he did it only to get Mary to change. Then he played his trump card—calling the lawyer. 'I guess I was dealing with my own hurt and rejection in some ways that made your problems worse,' Matt admitted to Mary during one session. 'You'll never know what a relief it is to hear you say that,' Mary responded.

"We've gone for weeks—months—without having sex," said Matt.



"This couple knew exactly which buttons to push to gain the upper hand. Mary did manipulate Matt with her temper, which he hated, since it reminded him so much of his parents' constant arguing when he was a child. But the temper was a smokescreen, one Mary created to avoid sex. For Matt's part, he had constantly confronted his wife with her feelings of failure, knowing how inadequate she felt. Matt even used infidelity and the threat of divorce as weapons. Once the couple began to understand the destructive pattern of their actions, they were ready to move on to some specific techniques designed to bring them closer.

"Matt and Mary had spent hours talking about their difficulties, but like many couples, they had never learned to work through any one problem before they became enmeshed in another. No[t] what subject they began to discu[ss] always ended up arguing about se[x]. I gested that they talk about some [of] conflicts before they attempted t[o] their biggest, most painful proble[m] they were both concerned about t[he] of their tension on their son, they [set] out a strategy for Matt to call Ma[ry] when he disagreed with someth[ing] was correcting Steven about. Th[ey] could discuss their differences a[nd] sent a united front to Steven. 'W[hen] did this, we really noticed a differ[ence] few days,' Matt reported. 'We're [all] to act like a team.'

"Now they were ready to con[centrate] on their sex life. In the past, Matt [had] fused Mary's suggestions to sched[ule] making. His definition of sex wa[s] had to be spontaneous. He began [to] ize that, due to her upbringing, [this] never going to be the case.

"I explained that there are fou[r] tant areas of intimacy: playful, w[hich] cludes teasing, flirting, tickling an[d] sensuous, which deals with the [five] such as cuddling, hugging and ca[ress] seductive, which includes actio[ns] lead up to sexual intercourse; an[d] passionate, which culminates i[n] course. Mary and Matt couldn't [even] stand how Mary could enj[oy] passionate part of lovemaking w[hen] was still afraid of the other par[ts]. they realized that those were the [ones] father had programmed her to avo[id].

"At this point I gave them the f[irst] homework: Each evening they we[re] aside time to explore the playful [and] suous aspects of intimacy, withou[t] pressure to move past these poin[ts]. stopped going out after work so [that] more time to be with Mary. Once [she] a chance to be with her husband i[n] timate but unpressured time, she [was] ter able to realize what felt good to [her] then to communicate this to her h[usband]. In time, her father's negative m[essages] were replaced by her own evaluati[ons] learned to say to herself, This is ri[ght]. feels good; this is my husband, w[ho] me. Matt was thrilled to see his wi[fe] ing the cuddling, laughing parts [of] relationship that had been missi[ng]. once Mary felt more comfortal[le] avoidance of sex virtually disap[peared]. Rarely have I seen such a serious [case] improve so quickly. After three [months] this couple terminated counseling.

" 'I never thought it would hap[pen]. I've learned to look forward to sc[heduled] lovemaking,' Matt said. 'Mary l[ooks] gorgeous in her negligee, it's wor[th] ing for.' 'And I feel like a differ[ent] son,' said Mary, 'someone I like.' "

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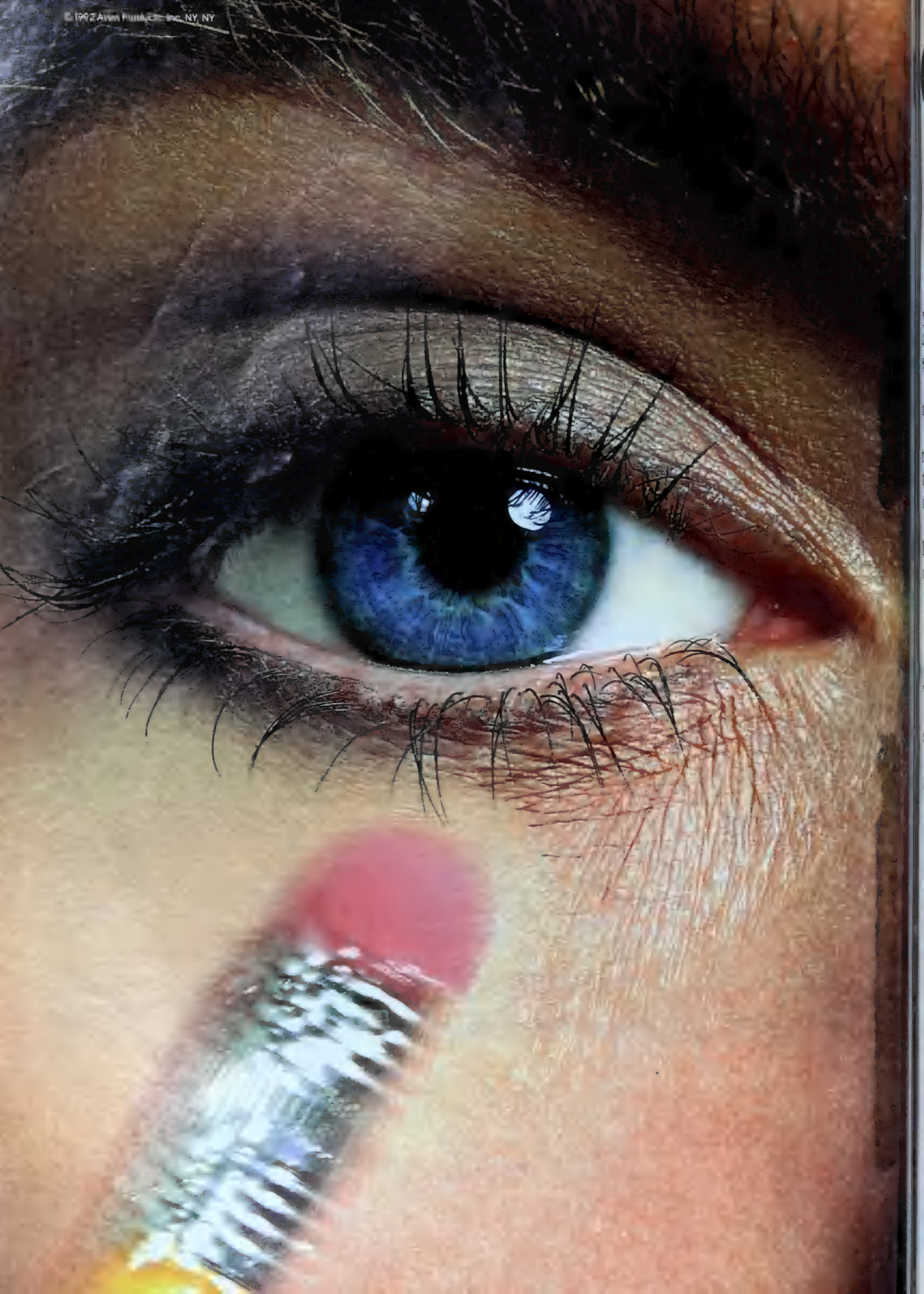
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A mother at last

AFTER YEARS OF TRYING TO HAVE A BABY, I CHOSE OPEN ADOPTION. NOW MY SON IS THE JOY OF MY LIFE



BY SARAH PURCELL, AS TOLD TO ERIC SHERMAN

As a TV personality, I've done everything from climbing the Brooklyn Bridge to jumping out of an airplane. While co-hosting the audience-participation show *Real People*, I even got married on the air as millions watched. But the most dramatic episode of my life took place far from the glare of the cameras, as I tried desperately for six painful years to have a baby.

Today, I am back on TV, hosting *Home*, ABC's morning show, and my husband, Sandy, and I are blessed with a wonderful three-year-old son, thanks to a nontraditional open adoption in which I have remained in contact with Colin's birth mother. My son may not have come from my own body, but no child has ever been more wanted and loved.

My desire to have a baby began twenty-three years ago, when I was twenty. My sister asked me to watch her two-year-old daughter, Monica, while she was on vacation; and although I had no idea how to take care of a child, something incredible happened: a nurturing, motherly side I never realized I possessed began to bloom. I vowed that someday I would experience the joy of being a mother myself.

It wasn't as easy as I'd expected. My first husband and I were never able to conceive. Before our marriage ended in 1979, I experienced some pain and bleeding that one doctor thought might be signs of an ectopic pregnancy. However, the second doctor I consulted told me it probably wasn't, and the symptoms stopped shortly after that.

By 1983, my career had taken off, yet I was no closer to my dream of having a family of my own. I even briefly considered becoming a single mother. Then, while on a skiing trip in Big Bear, California, I met Robert ("Sandy") McClintock, a Los Angeles dentist, and his four-year-old son. I found out he was divorced but had partial custody of Darin, to whom he was devoted.

On our very first date, I asked Sandy if he wanted more children. He laughed and said he had been planning to ask me the same question! We found out that we had more than just a love of children in common, and we were married five months later on a cruise ship off the Hawaiian island of Kauai—live, on *Real People*.

Although I loved being a part-time stepmother to Darin, I still wanted to have a child with my husband as soon as possible. As a matter of fact, before we were married, we both saw Dr. Richard Marrs, a well-known infertility specialist, to make sure we could indeed conceive. While Sandy's tests came out fine, I had developed endometriosis, which had scarred my ovaries badly.

Two months after our wedding, I had laser surgery to correct the scarring. Dr. Marrs predicted I would become pregnant within the year; when I didn't, I was put on a series of medications designed to stimulate the development of eggs. When none of these helped, I underwent a series of seven high-tech in vitro fertilization procedures within six years, including GIFT (gamete intrafallopian tube transfer) and ZIFT (zygote intrafallopian tube transfer)—techniques in which my eggs were removed from my ovaries, fertilized with Sandy's sperm and placed in my body. Throughout, I gave myself hormone injections several times *(continued on page 24)*


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A woman today

continued from page 20

a day. The procedures were physically painful for me and emotionally draining for both of us. In order to keep our spirits up, Sandy and I would go out to dinner or a show after each treatment.

Finally, after my second ZIFT, Sandy and I were overjoyed to find that I was pregnant at last. Two days later, however, I began to bleed. We hurried to Dr. Marrs, who gave us the horrible news: I had lost the baby.

By now, we had been through so much pain—not only from the medical procedures my body had to endure but from the incredible psychological toll as well. We underwent infertility therapy, which gave us a place to talk about our feelings of hurt and frustration, yet sometimes the pain seemed unbearable. It wasn't easy coming to grips with the fact that, at thirty-nine, I simply might not be able to have a child. Still, we kept trying, hoping for a miracle.

I remember the last in vitro procedure. The nurse had trouble inserting an IV tube in my hand for the anesthesia, and she jabbed the needle in over and over again until tears began rolling down my cheeks. Why do I have to go through all this again? I thought. What terrible things have I done to deserve this? I looked up at the concerned face of my husband, and I knew at that moment this would be our last attempt. When this effort also failed, we decided to look into adoption.

In many ways, adoption was even more frightening for me than everything we'd endured thus far: It meant giving up all hope of having our own natural child. In addition, we wanted an infant, so we had to find a pregnant woman willing to give up her baby. What if she changed her mind after giving birth and took the child away from us? Another blow like that would kill us.

Sandy and I found a lawyer who was a proponent of open adoption. Unlike more traditional adoptions, in which the birth mother and adoptive parents never learn each other's identities, open adoptions foster communication between the two parties before the birth—and sometimes afterward. When I thought of how hard it must be for a woman to carry a baby for a couple she'd never know, then to wonder forever what happened to the child, it seemed to me that keeping things open was a much healthier option for everyone concerned.

As it turned out, our doctor knew of a woman who had agreed to be a surrogate for another couple, but had then unexpectedly become pregnant herself. Already a mother, Pamela* didn't want another child, and the couple had no interest in adopting this baby. Our lawyer quickly set up a meeting with Pamela.

We came armed with a list of questions: What was her medical history, and what about her family and the father's? Did she drink or take drugs? How would she feel about Sandy's and my being in the delivery room? How sure was she that she wanted to give up her child? Pamela assured us that she was certain of her decision and that the father had agreed to relinquish his paternal rights. In turn, she asked us about our values as parents, and said she was thrilled with the idea of our being present in the delivery room.

Despite Pamela's promises, my husband was worried that the more contact we had with her, the greater the chance she would have a change of heart. Interestingly, my mother—who is herself adopted—also advised against it. She's fiercely loyal to her adoptive parents, and never had any desire to meet her birth parents. She felt that the child didn't need to know any mother other than the one who would raise and love him.

These concerns may be one of the reasons that only 5 to 10 percent of the estimated fifty thousand adoptions arranged annually in the United States are fully open, although such fears come true in only a small percentage of cases. But I believed that getting to know Pamela would, in fact, assure her that the baby would have a happy future with us and so keep her from changing her mind.

We kept in close contact throughout Pamela's pregnancy. I traveled to see her and took her to her obstetrician's appointments (we paid all of her medical bills). Afterward, she and I would have lunch and catch up. Though we would never become best friends, we got to know each other well and developed a nice, comfortable relationship over the next few months.

Both my husband and I wanted to be her coaches during delivery, so we all took Lamaze classes together. On Pamela's suggestion, Sandy, Darin and I recorded a cassette of us introducing ourselves and singing "When You Wish Upon a Star." Every night, Pamela held a tape recorder to her growing tummy and played it for the baby.

Before the due *(continued on page 29)*

**Name has been changed*

New adoption options

Until recently, birth mothers and the couples who adopted their babies knew nothing about each other, and may have come to regret the subsequent lack of contact. But closed records and exhaustive parent-child searches may soon be a thing of the past. Today, more than three quarters of the fifty thousand annual adoptions in the U.S. involve some form of meeting between birth and adoptive parents.

Although the birth mother is allowed to choose the parents of her child in all forms of open adoption, the degree of personal contact she can have with them varies. In semi-open arrangements, the adoption agency acts as a liaison between the birth mother (and father, if he wishes) and adoptive parents. Custody of the child is given to the agency, which then transfers it to the adoptive parents. Communication takes place through the agency—usually in letters and often on a first-name-only basis. The parents may or may not agree to stay in touch after the birth.

Couples choosing fully open adoptions—the type Sarah Purcell used—work through an attorney, a for-profit or nonprofit organization or licensed agency (some states forbid nonagency adoptions). Lawyers, on behalf of the couple, often place newspaper ads encouraging prospective birth mothers to contact them; organizations and agencies maintain a file of birth mothers who have contacted them on the recommendation of doctors, friends or pregnancy counselors. Once the birth mother and adoptive parents agree to the adoption, they are free to write, call and visit each other as often as they wish.

In a legitimate open adoption, the agency does not receive a fee for finding the birth mother, nor does the birth mother receive one for surrendering her child. The adoptive parents are responsible only for paying medical bills and other pregnancy-related expenses, plus costs of the services provided by the agency or attorney. Nearly every state has laws against baby-selling, and all states require the couple to submit receipts showing how much they have spent to the judge who finalizes the adoption. Adoption agencies can lose their licenses if they overcharge for the services they offer.

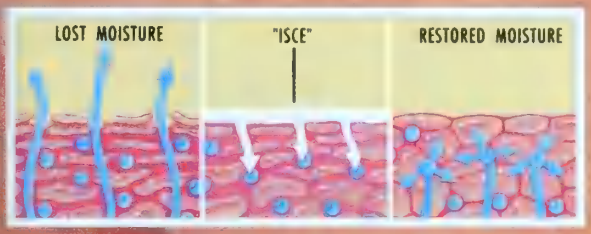
More and more birth mothers are actively seeking fully open adoptions, as opposed to confidential ones. "Women are not willing to turn over control to an agency," says Kathleen Silber, M.S.W., associate executive director of the Independent Adoption Agency, an open-adoption organization in Pleasant Hill, California. "They want the power to make the decision about who will adopt their baby."

Including agency and legal expenses, total costs to the adoptive parents can range from $3,000 to $15,000 or more. The emotional costs, however, are sometimes much greater. A birth mother is often overwhelmed by grief and regret at giving up her child, while couples may worry that the mother will decide to reclaim the baby during the months before the adoption is finalized (an estimated 10 to 20 percent do). For that reason, experts recommend that everyone involved seek counseling during and after the pregnancy.

Fully open adoption does have its critics: Mary Beth Seader, vice-president of the National Council for Adoption, maintains that a degree of distance and anonymity is necessary to help everyone get on with their lives after the birth. That can only be done, she says, through semi-open adoptions.

Silber disagrees. "We feel it's healthier for everyone," she says, "if there are no secrets."

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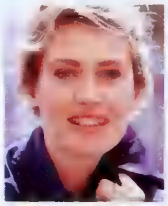
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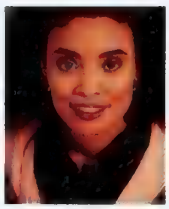
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ntinued from page 24

te, Sandy and I hired a helicopter on andby to make sure we'd make it to mela's hospital on time. As it turned t, we didn't need it. Pamela's water oke on February 27, 1989, as we were ving lunch in the hospital cafeteria af- her last doctor's visit. I ran around the spital like a madwoman, trying to find r a wheelchair, grabbing orderlies, erting the maternity ward and her doc- r. I called my husband and told him to t in the car and drive . . . *now!*

We had hoped for an uneventful birth, t unfortunately, it didn't turn out that y. Pamela pushed with all her might as stood by her side coaching and encour- ing, yet the baby was hopelessly stuck. he doctors finally decided to perform a esarean section.

When Colin emerged, his face was ollen and covered with blood. I felt so d for what he had gone through that I gan to sing "When You Wish Upon a ar." Instantly, my baby stopped crying d squirming and turned toward me. I'll ver forget that poignant moment. Four ys after his birth, Sandy and I took our w son home.

Today, Colin is an angelic three-year- d. He's the most gentle, sweet, stubborn, inionated joy—the brightest note in my e. He and his half brother are good bud- es. When Darin is scheduled for a visit, lin frets if he's a minute late.

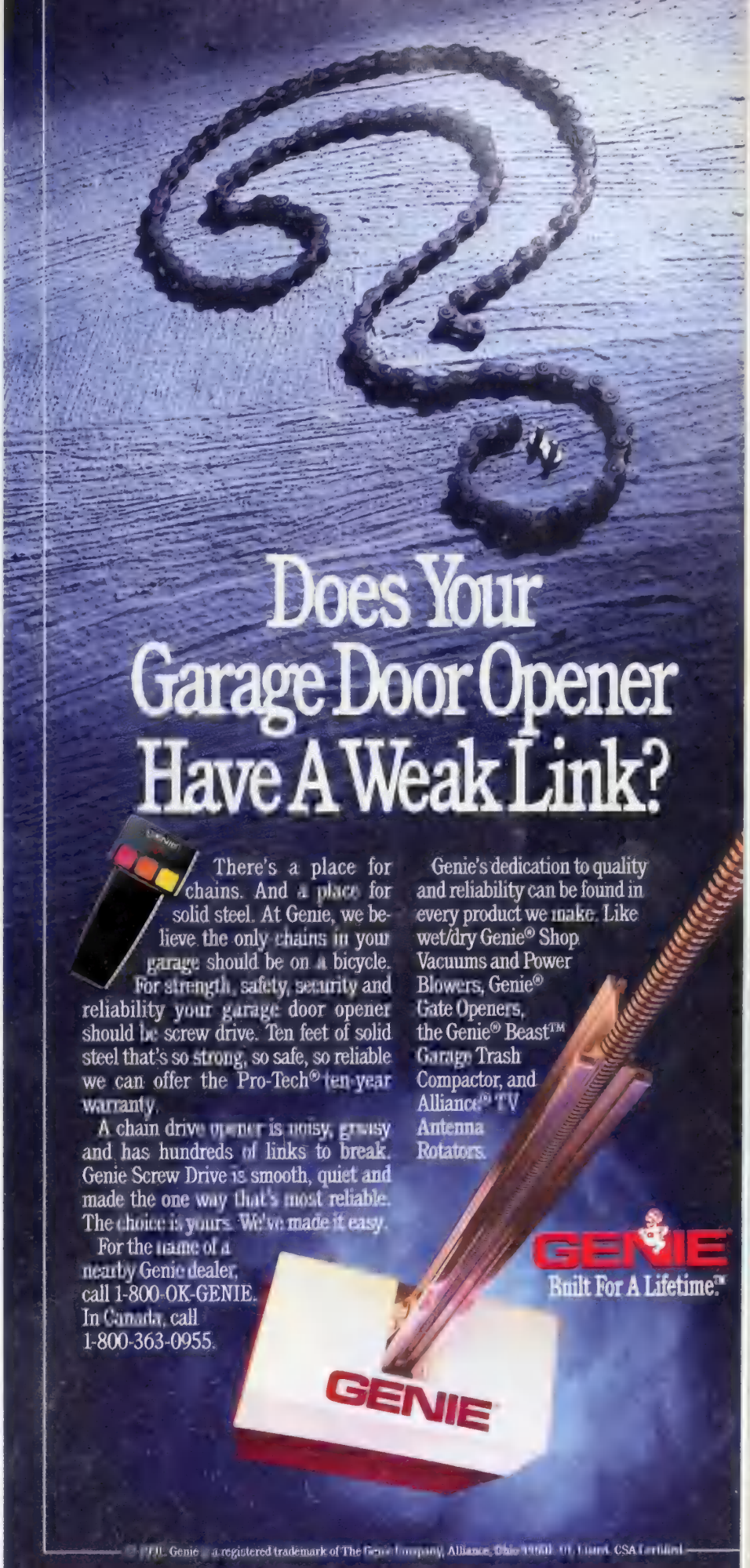
I believe now, more than ever, that en adoption is a choice more couples ould consider. We're all happy that lin's birth wasn't shrouded in mystery d that Pamela will never have to won- r what has happened to him since then. e calls about once a year to see how lin is doing, and we send her video- es and pictures. We all feel comfortable th our arrangement.

When people ask me if I mind that Colin 't my flesh and blood, I get very upset. It esn't matter to me in the least that my n didn't come from my body. What unts is that he is here with us. When he rts, I hurt. When he's happy, I'm happy. e *is* my child.

When he is older, I will tell my son exactly w he came into this world. I hope it will ow him just how much he was wanted. d if he wants to meet his birth mother in rson one day, I won't discourage him.

I would like to adopt another child—I'd ore a girl—though I'm still trying to talk ndy into it. Pamela called us recently and d she'd love to have another baby for us. s not entirely out of the question, but I concerned it might create too large an notional debt on both sides.

No matter what we decide to do, I'll al- ys be grateful to Pamela for what she has ven us. Being a mother is everything I'd eamed it would be—and much more. ■



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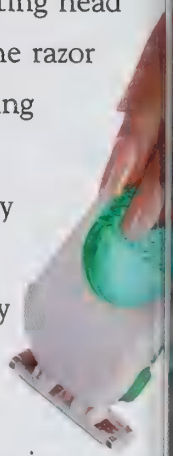
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NOW THAT SUMMER'S WINDING DOWN, IT'S TIME TO THINK ABOUT CHARGING UP YOUR LOOKS FOR FALL. WHAT ARE THE BEAUTY BUZZWORDS? SOPHISTICATED AND POLISHED. BELOW, IDEAS FOR INSTANT PRETTY, PLUS INSPIRING MAKEOVERS

5 CHANGES TO MAKE TODAY



● If you skipped eyeshadow during the summer or opted for pales or frosts, start sweeping on brown shadow. It's the number-one flatterer for all eye colors, and this fall there are terrific new shades to try—from brick- and bordeaux-browns to camel and coffee. Check out the color chart below for ideas. ● *Brown is also the hottest look for lips. Switch to a brown-red, sepia or a natural-looking nude-brown (see chart below). Line lips crisply, apply color with a brush and blot.* ● Add a hair glosser to your styling routine for a smooth, healthy shine. Massage two to three drops into wet or dry hair. We like Redken Glass Smoothing Complex and Redmond Aussie Gloss. ● *Even though the heat of the summer has cooled down, don't skip sunscreen. Protecting your skin should be a year-round habit. Choose a moisturizer or foundation with built-in SPF such as L'Oréal Lightnesse Light Natural Makeup and Almay Moisture Balance Moisture Lotion SPF 15.* ● Treat yourself to an exhilarating new fragrance. Three you'll love: Dune by Christian Dior, Chloé Narcisse by Elizabeth Arden, and Donna Karan New York.

Model, Olga Paranina of Ford; shirt and cardigan, Kors; beret, Liz Claiborne; earrings, Agatha; hair, Gad Cohen for Gad Cohen Studio; makeup, Bobbi Brown for Frederic Fekkai at Bergdorf Goodman.

NEW COLORS FOR FALL



From no-frills to fabulous

HAIR PRO GAD COHEN, WHO WORKS WITH EVERY TOP MODEL, AND MAKEUP ACE REX TEAMED UP FOR THREE TERRIFIC SUMMER-TO-FALL MAKEOVERS

Gina Nanni, a twenty-seven-year-old who works in public relations, relied on a simple summer look: straight hair, red lipstick and sunscreen. To spruce up Gina for fall, Gad divided her hair in two-inch sections, which he set on Velcro rollers, then brushed out into a sixties flip. Rex concentrated makeup on Gina's upper eyes: muted gray shadow, black liner and black mascara. Rex agreed with Gina's choice of red lips. Says Gina, "I'm definitely going to set my hair from now on—it's quicker than I thought."

Christina Osterland, a thirty-year-old *(continued)*



GINA'S NEW FALL LOOK IS PURE POLISH—JUST PERFECT FOR WORK-WORTHY SUITS







CHRISTINA'S AND JEANNE'S NEW GLAMOUR IS PROOF POSITIVE THAT A QUICK ROLLER SET CAN MAKE ALL THE DIFFERENCE

(continued) production coordinator, wanted a switch from her fine, straight blond hair and no-makeup look. Gad set her hair with stand-up pin curls. Then he gave Christina a distinctive side part and smoothed her hair into waves. Rex brought out her eyes with gray shadow and black liner and added lots of mascara. "I'm in the mood to wear makeup again, get really dressed!" says Christina.

Thirty-year-old Jeanne Finnerty, a free-lance film and TV producer, had a no-fuss routine all summer: air-dried hair, and mascara. So Gad did a damp-set with Velcro rollers, then let her hair dry under a soft bonnet dryer powered by a regular blow-dryer. Rex used a brow pencil to fill in and lift Jeanne's naturally sloping brows, applied gray eyeliner and followed with black mascara. "I feel chic and elegant. This pink jacket and fuchsia lipstick are a new look for me."





Gina: jacket, Nicole Miller; T-shirt, The Gap; Christina: dress, Sonia Rykiel; scarf, Hermes; Jeanne: jacket, Dana Buchman; necklace, Additions.



TREND WATCH

A crisp, white cotton shirt is a wardrobe basic, and the newest way to update it is to layer it over a black, ribbed turtleneck in cotton or wool. Instant style! At left, Michii Moon for Sanyo 100 percent wool turtleneck under Equipment's white cotton shirt. Other good sources for black ribbed turtles include: JCPenney catalog's ribbed turtleneck in 100 percent cotton, $29 (call 800-222-6161 for a catalog); Anne Klein A-Line's 100 percent merino wool turtleneck, $97, available at the Anne Klein A-Line boutiques in major department stores; Made in America's 100 percent cotton turtleneck, $44 (for more information, call 212-765-5211).

Model: Cynthia Clift of Next; skirt, Lizwear; belt, Donna Karan; hair, Gad Cohen for Gad Cohen Studio; makeup, Bobbi Brown for Frederic Fekkai at Bergdorf Goodman.



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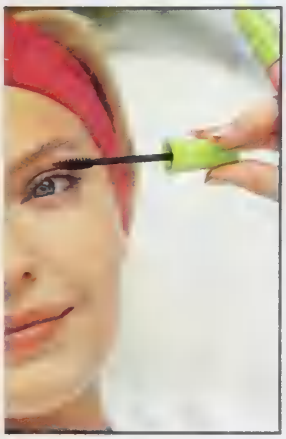
MUCH ADO ABOUT MASCARA

MOST OF THE WOMEN WE KNOW WOULDN'T LEAVE THE HOUSE WITHOUT WEARING MASCARA. WHICH ONES ARE THE BEST? READ ON

Makeup artists' favorites

We asked four of the best in the business for the lowdown on the perfect mascara.

● **Linda Mason**



"I really like Cover Girl Professional Mascara because it goes on smoothly and doesn't clump," says Mason, whose clients include Susan Sarandon. "I consider the quality of the formula as important as the color, because it varies from company to company. I usually work with brown or black mascara; brown is more natural-looking, but black works best with a dark, smoky eye."

● **Bobbi Brown** "Maybelline Great Lash is my choice for making lashes thicker," says Brown, who works with Faye Dunaway. "My best application tip is to apply two or three thin coats of mascara starting at the base of lashes; turn your hand slowly to bring the mascara wand to the tips of lashes."

● **Sophie Levy** "I like Maybelline Great Lash," says Levy, the pro whom Christie Brinkley and Brooke Shields rely on. "I use the tip of the brush to apply the mascara so lashes don't stick together, and then comb through while lashes are still wet. I usually use black."

● **Rex** "My new favorite is Borghese Maximum Mascara—it's especially great for sensitive eyes. I apply one or two coats, and I always comb lashes carefully between coats to reduce clumping."

KEEP AN EYE ON. . .

INGREDIENTS Key label words: polymers, which are molecules that build onto each other and, in turn, on your lashes to make them thicker; and proteins, such as keratin, which keep lashes soft and supple. Avoid any mascara containing fibers, which can irritate eyes.

BRUSHES According to a 1991 A.C. Nielsen report, 75 percent of the mascaras on the market have straight brushes. Some have hollow bristles for better coverage, some have dense bristles to create thickness, others have wide-spaced bristles—best for coating individual lashes. Since only 25 percent of the mascaras contain curved brushes, it seems logical that most consumers would rather play it straight. However, Cover Girl's Professional Mascara has a curved brush, and it was the third best-selling mascara in 1991. Go figure.

The top three

ACCORDING TO A RECENT A.C. NIELSEN SURVEY, THESE ARE MOST-WANTED

● **#1: MAYBELLINE GREAT LASH** Suggested retail, $4.20. Formula facts: hypoallergenic, contact lens–safe, exclusive conditioning formula, no fibers. According to Tom Yeager, consultant of scientific affairs for Maybelline, "Black and Blue were the first two shades of Great Lash, introduced in 1973. Over the years, Maybelline developed fashion colors, but consumers weren't interested in them."



● **#2: L'OREAL LASH OUT** Suggested retail, $5.50. Formula facts: allergy-tested, fragrance-free, ophthalmologist-tested; extends lashes naturally without fibers. Dr. Frank Wright, director of Biophysics Labs at Cosmair, says, "The brush is a very important component of Lash Out. The design allows the brush to hold more mascara uniformly for an even application." Lash Out was introduced in 1987.



● **#3: COVER GIRL PROFESSIONAL MASCARA** Suggested retail, $3.95. Formula facts: Lengthens and thickens lashes; contains a dual polymer. According to Cheryl Vitali, Senior Brand Manager for Cover Girl Cosmetics, "This mascara was created in 1975 and was named Professional Mascara because at the time, professional models wanted a curved brush. It allows short corner lashes to get equal coverage."



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ISN'T IT NICE TO LIVE IN A TIME WHEN VOMEN AREN'T BEING PUSHED AROUND SO MUCH ANYMORE?

Women have spent the last ten centuries conforming to their lingerie. Fortunately, lingerie has finally gotten around to conforming to women.

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PRO CARE FOR LEATHER WEAR



ADDING ONE WARDROBE BASIC IN BLACK LEATHER IS ONE OF THE CHICEST WAYS TO UPDATE YOUR CLOTHES THIS FALL. HERE'S HOW TO WEAR THEM WELL...

We spoke with Alice Laban, spokesperson for the International Fabricare Institute, and Richard Harrow, of the Leather Apparel Association, to find out the best ways to take care of leather.

● The look of leather improves with age, and you can expect some softening with wear, especially at stress points like collars, buttons and belts. This textural change and slight alteration in color add character, especially when the item is a neutral color. ● Large leather items should be cleaned by a professional leather cleaner. You have to clean major items only once a year; more often, of course, if the piece gets dirty or stained. ● Wearing a scarf under leather coats, jackets and vests will protect the collar from perspiration, makeup and body oils that could alter the color. ● If leather gets soaking wet (i.e., in a rainstorm), allow it to air-dry in a cool ventilated area—never expose to direct heat. ● Wrinkles will eventually hang out, but if you want to iron a garment, cover it with heavy paper and use the lowest setting, without steam.

Model, Alla of Wilhelmina West; jacket, Lizwear; scarf, Yves Saint Laurent; hair, Gad Cohen for Gad Cohen Studio; makeup, Bobbi Brown for Frederic Fekkai at Bergdorf Goodman.

Alpha-hydroxy acid: the new Retin-A?

Alpha-hydroxy acid is the newest word in beauty and is fast rivaling Retin-A as the most-wanted de-ager. We spoke with James J. Leyden, M.D., professor of dermatology at the University of Pennsylvania School of Medicine and consultant to Avon since 1982, to find out the inside scoop

Q What are alpha-hydroxy acids, and what can they do for my skin?

A AHAs are natural, nontoxic substances that are found in foods and plants. When a product containing AHAs is applied to the skin, it can improve the appearance of aging or sun-damaged skin by helping to slough off the dead surface skin. AHAs also stimulate the formation of hyaluronic acid in the dermis, which allows the skin to hold more moisture in the deeper layers. Glycolic acid, a natural by-product of sugarcane, is one AHA that has been successfully tested for the last twenty years.

Q Who can use AHAs?

A Anyone can use them, although it's best to check with your dermatologist before trying a product. People with atopic diseases—such as severe seasonal allergies, asthma or childhood eczema—may experience burning or stinging with AHA products.

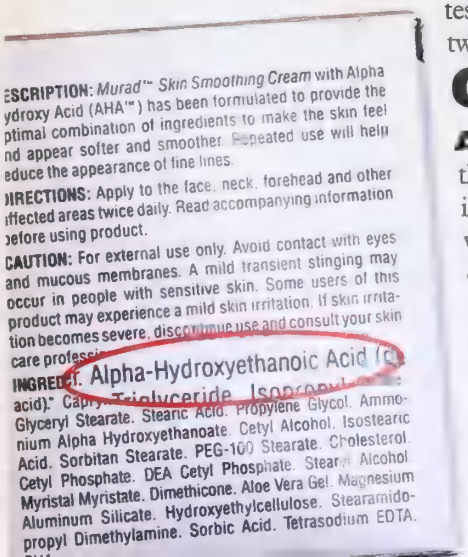
Q So what's the difference between Retin-A and AHAs? Can you use both?

A The stratum corneum, or outer portion of the skin, thins with continued use of Retin-A; thus, although Retin-A improves the appearance of the skin, it also makes it more vulnerable to the sun and certain skin-care products. Though AHAs also thin the stratum corneum, they make the cells more compact so that the skin is more resistant to chemicals and the sun.

AHAs are better at smoothing the skin's surface than Retin-A, but Retin-A is better for stimulating cell turnover and circulation, and decreasing pigment formation. AHAs work well with Retin-A to make the skin better able to withstand potential irritation.

Q What products contain AHAs?

A Avon's Anew Perfecting Complex for Face and Anew Perfecting Complex for Chest and Neck (call 800-858-8000); Murad Skin Smoothing Lotion (800-242-1103); The Alpha Hydrox Skin Treatment System (call 800-447-1919); M.D. Formulations Facial Lotion (800-347-2223).



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CNN, THE WORLD'S NEWS LEADER, AND LADIES' HOME JOURNAL PRESENT UP-TO-THE-MINUTE FACTS AND FINDINGS ABOUT THE WORLD TODAY

Chronic fatigue syndrome is for real Besides fighting symptoms such as mental confusion, exhaustion and depression, sufferers of chronic fatigue syndrome have often had to battle doubtful doctors. But a four-city survey by the federal Centers for Disease Control (CDC) gives legitimacy to these patients' complaints. Investigators can find no medical explanation other than CFS in 26 percent of the cases; 80 percent of the victims are women. —DAN RUTZ, *HealthWorks*

Hollywood's hottest star Could it be Tim Robbins, who won the best-actor award at the Cannes Film Festival for his role in Robert Altman's *The Player*? Now, he's starring in what he hopes will be the sleeper hit of the fall season: *Bob Roberts*. The movie takes a satirical look at the senatorial campaign of a right-wing folksinger. It's also a virtual one-man-band vehicle for Robbins: Not only does he make his debut as a director, he wrote the script. As for the songs, he co-wrote them—and sings them, too.

Home pollution Scientists say that even in the cleanest homes, there may be dozens of pollutants. These range from paint to dry-cleaning chemicals to dust mites that can aggravate childhood asthma. To find out more about these substances, the federal Environmental Protection Agency has turned an average-looking North Carolina house into a laboratory. There, scientists can study the sources of home air pollution. The research could lead to new product guidelines—and safer homes.

Perfect pants A pantsuit is fall's hottest fashion option, but what length should its straight-legged or tapered trousers be? Designers in Paris, New York and Milan say the ideal length falls to the top of the shoe at the back of the foot. Any longer and it will look dragged-down and outdated.
—ELSA KLENSCH, *Style with Elsa Klensch*

Healthy kids Most children today know more about health than their parents. A recent nationwide survey, conducted by Gallup, found that 73 percent of fourth through eighth graders said they worry about fat and cholesterol, while only 56 percent of adults said they were concerned. And a note to parents who nag: Sixty-five percent of the kids said they were tired of people telling them which foods were good for them. —CAROLYN O'NEIL, *On the Menu*

Eco-travel More and more Americans are becoming just as concerned about ecological damage abroad as they are at home. So several environmental groups, including the World Wildlife Fund and the Sierra Club, have joined forces to develop guidelines that will help tourists determine which travel companies respect the earth—and which don't.

Quote of the Month "Women are beginning to feel that they are not fairly represented. As we say, two percent may be fine for fat in milk, but not for the United States Senate."
—DIANNE FEINSTEIN, DEMOCRATIC SENATORIAL CANDIDATE IN CALIFORNIA, APPEARING ON CNN'S *Crier & Co.*

Watch CNN's *On the Menu* for reports on food, nutrition and cuisine (SAT. 3 P.M., SUN. 10 A.M. ET), and ***Style with Elsa Klensch*** for a look at the world of fashion and interior design (SAT. 10:30 A.M., 2:30 P.M. ET).



GO FROM PAGE 40 TO 4

ORANGE-PEPPER STEAKS–20 MINUTES

- 4 beef tenderloin steaks, cut 1 inch thick
- 2 teaspoons coarse grind black pepper
- ½ cup orange marmalade
- 4 teaspoons cider vinegar
- ½ teaspoon ground ginger

Press pepper evenly into both sides of beef steaks. Place on rack in broiler pan so surface of meat is 2 to 3 inches from the heat. Combine marmalade, vinegar and ginger. Brush top of steaks with half of marmalade mixture. Broil steaks 10 to 15 minutes for rare (140°F) to medium (160°F), turning once and brushing with remaining marmalade mixture. 4 servings. Serving suggestion: Steamed new potatoes and microwaved asparagus and baby carrots.



N ONLY 20 MINUTES.

Chances are, there are a lot more ways of preparing beef in a lot less time than you think.

Take, for instance, Orange-Pepper Steaks. With just a few ingredients and a broiler pan, you can be serving a satisfying meal in well under half an hour. Which is a lot of time to spend on a page. But not a lot on dinner.

BEEFSM

IT'S WHAT'S FOR DINNER.

The truth about rape

We've all read the headlines and heard the defense attorneys' claims about lies, seductive women, and innocent men facing harsh jail terms. Now, here's the *real* story



AFTER THE VERDICT: CAN THE CENTRAL FIGURES IN HIGHLY PUBLICIZED RAPE CASES EVER LIVE A NORMAL LIFE AGAIN? MIKE TYSON IS IN JAIL, BUT WHAT HAPPENED TO DESIREE WASHINGTON, WILLIAM KENNEDY SMITH AND PATRICIA BOWMAN? (SEE PAGE 46)

BY ANDREA GROSS

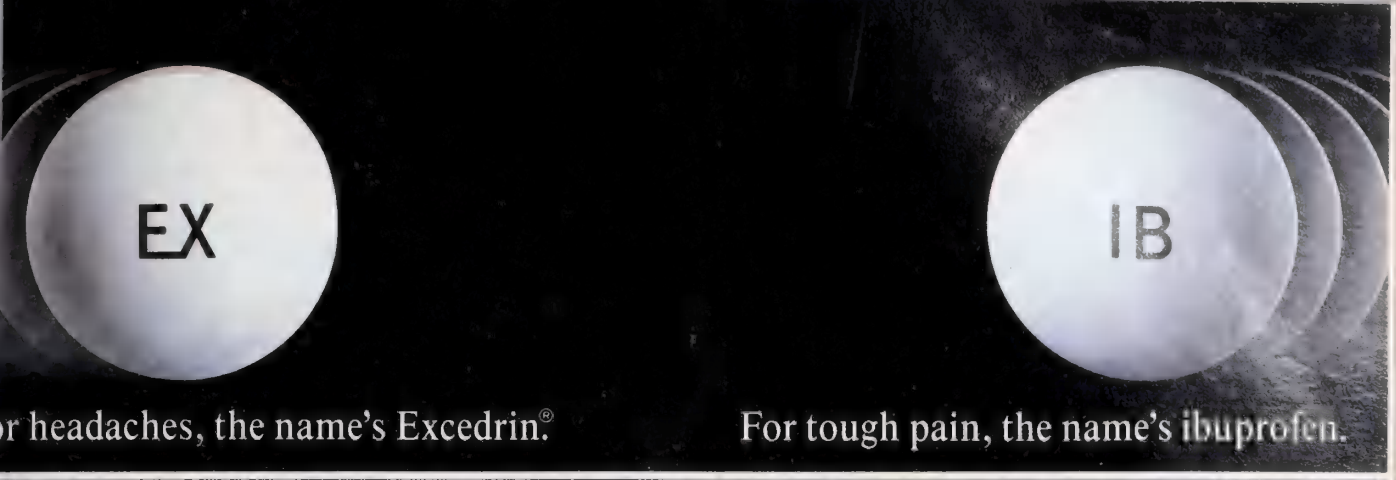
Did William Kennedy Smith rape Patricia Bowman? A jury in Palm Beach said no, but according to a Gallup poll, 25 percent of Americans think the answer should have been yes. Did Mike Tyson rape Desiree Washington? The jury in Indianapolis said yes, but a local TV station found that 60 percent of their viewers disagreed.

Largely because of these two controversial cases, Americans have been discussing rape as never before. But it seems the more we talk about it, the more confused we become. Even the experts don't always agree: This spring, three major surveys on rape were released, and all came up with different—and conflicting—statistics.

The truth is that rape may be the most misunderstood, most complex of crimes. In its simplest form, says Susan Estrich, professor of law and political science at the University of Southern California, in Los Angeles, and author of *Real Rape* (Harvard University Press, 1987), "rape is to force a woman to engage in intercourse against her will and without her consent." But in some states, the definition of rape has been broadened to include forced anal or oral intercourse, and is written in "sex-neutral" language, which means men can also be victims.

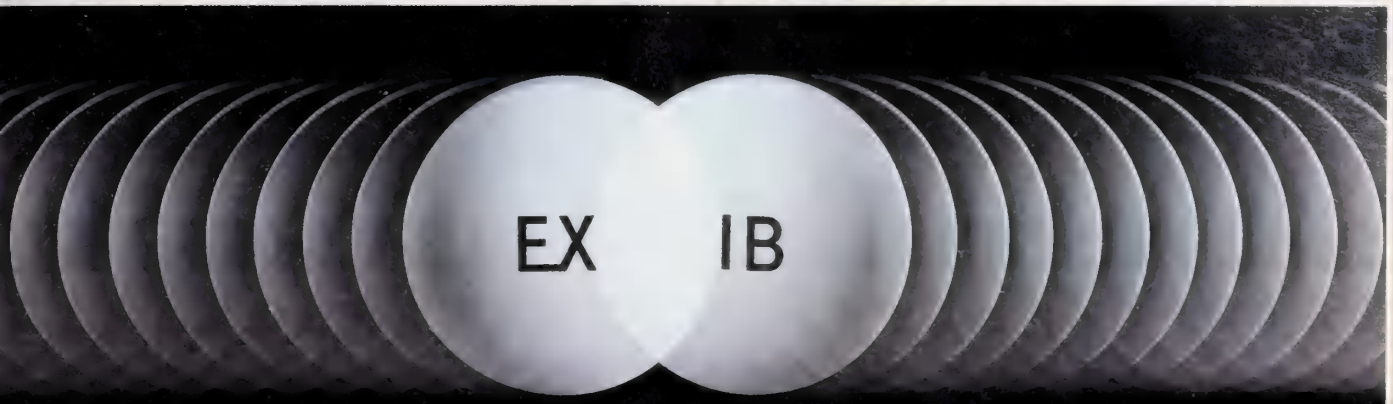
Ironically, the law has not always protected *women* from rape. While virtually every state has legislation to defend people who are too young, too mentally incapacitated or too intoxicated to give consent, it's just recently that every state but one began to consider marital rape a crime. Yet many experts say it's often tough to get a conviction because many people don't consider it a real rape.

So, even though a crime may fit the legal standards of rape, because of the public's perceptions, the issues may not be clear-cut. Everyone—from the victim and assailant to the police officers, lawyers, judge and jury—has their own beliefs about what is rape and what isn't. When a masked man forces intercourse on a virginal young woman dressed in baggy clothes, everyone agrees that rape has been committed—and indeed, stranger rape is punished more often than many other *(continued)*

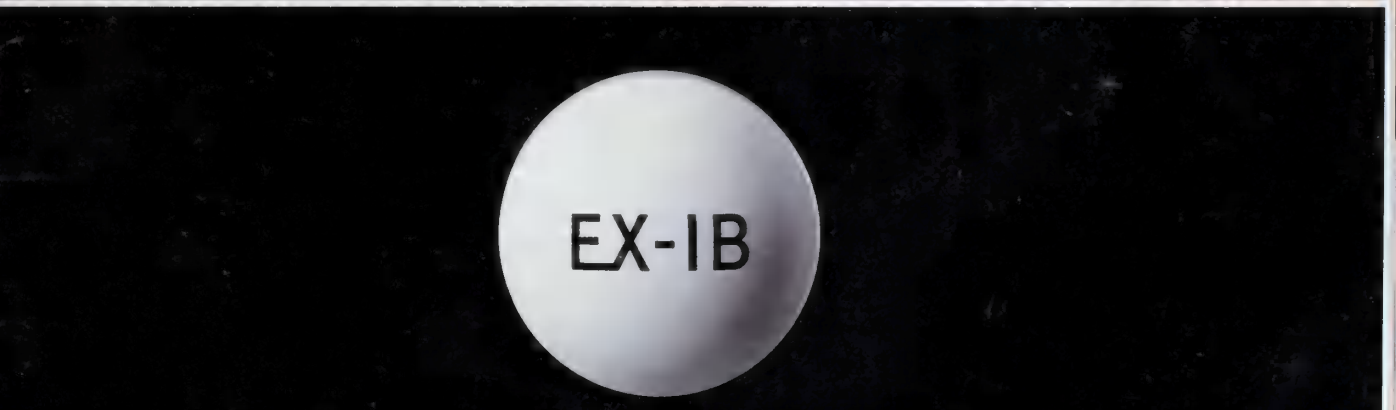


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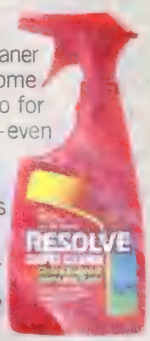




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violent crimes. "But it's in edge cases like date rape, where there is no obvious force—where the woman's perspective may be very different from the man's perspective—that the definitions get sticky," says Vivian Berger, J.D., vice dean of Columbia Law School. And it's here that the consensus falls apart.

An all-too-common crime

The failure to reach consensus extends to statistics about rape. Not even the two branches of the U.S. Department of Justice can agree on how many women are victims:

- The FBI's Uniform Crime Reports (UCR) show that rape increased 3 percent from 1990 to 1991—from 102,555 incidents to 105,631.
- The Bureau of Justice Statistics' National Crime Victimization Survey (NCVS) finds that rape soared 59 percent, from 130,000 incidents in 1990 to 207,610 in 1991.

Why is there such a difference in these surveys? Experts say that both are flawed. The UCR measures only those crimes that are reported to the police; many rapes—more than 80 percent—are never reported. And while the NCVS is based on telephone interviews of men and women rather than on police records, it still has major problems, according to Mary P. Koss, Ph.D., professor in the department of family and community medicine at the University of Arizona, and a noted rape researcher. She says the interviewers aren't trained to discuss sensitive topics, the questions about rape are often vague or misleading, and—as many government statisticians even admit—victims may be unable to report a crime, because the assailant is a relative who's standing nearby during the interview.

In fact, a woman *is* much more likely to be raped by someone she knows than by a stranger, says a new and highly respected study, "Rape in America," which was conducted by the National Victim Center in Arlington, Virginia, and the Crime Victims Research and Treatment Center at the Medical University of South Carolina. According to this report, one out of every eight adult women has been the victim of rape sometime during her life—and a stunning 75 percent of them are raped by their husbands, fathers, other relatives, friends or acquaintances.

So, while the experts quibble over the exact numbers, the incontestable truth is that rape of all kinds has reached chilling proportions in the U.S.

False perceptions

As the Tyson and Palm Beach cases proved, date rape has become one of the most controversial crimes. "Date rape signifies 'rapette' in many minds," says Mary Koss. "It is viewed as something like rape but not really a crime and certainly not as traumatizing as the 'real rapes' perpet ed by violent strangers."

Victims themselves often have diffic distinguishing between criminal sex a insensitive sex. In Koss's 1987 study college students, nearly three out of f women who endured experiences that legal standards for rape did not call it ra

Rape myths are rampant in our cult Many people—including victims—beli that it's not really rape when a woma forced to have sex with a man she's ing, if she's been drinking, if she was threatened with a gun or a knife, or if wasn't physically injured during the tack. Others think that if a woman le man pay for her dinner, if she dresses ductively, if she goes to his room or ap ment, or if she allows him to kiss her, owes him sex. "The more intimate the lationship, the less likely victims are to port it or even to conceptualize it as ra says Diana Russell, Ph.D., a rape searcher and professor emeritus at M College, in Oakland, California, and thor of *Sexual Exploitation* (Sage, 1984).

These attitudes are not only legally correct, say experts, they are mora wrong. "It's very simple. No means n says Mary Ann Largen, executive direc of the National Network for Victims Sexual Assault. "If a woman does not w ingly consent to sexual relations, it's ra Flirting and provocative behavior mi justifiably lead some men to make a p But if they force sexual intercourse on h it is just plain rape."

Research shows that men and women p ceive date rape very differently. Koss fou that 80 percent of college women who w raped said they tried to prevent the incid by screaming, attempting to run away, str gling or pleading. Yet only 30 percent of men who raped them interpreted th actions as sincere resistance—and th proceeded anyway. In fact, one in twe male college students say they have engag in actions that are legally defined as rape.

Many men have their own rape fea Because of the seemingly ambiguous nat of date rape, many men worry that a wom might falsely accuse them of a sexual atta Certainly it is a routine tactic for defe lawyers in rape cases to suggest that th clients' accusers are hysterical women b on ruining the reputation of an innoc man. Yet police who investigate sex crim estimate that less than 2 percent of all ported rapes are false. "As a matter of pra cal reality, women don't make false ra reports," says Mary Ann Largen. "Giv what a woman has to go through once s files a complaint (from a humiliating me cal exam to having her morals and charac questioned in court), it's simply not wo it, no matter how much she wants to even with somebody. She ends up getti hurt worse than the person accused."

Yet such misperceptions remain co mon, and many people still *(continu*

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By signing below, I authorize Citibank (South Dakota), N.A., to check my credit history and exchange information about how I handle my account with proper persons, affiliates and credit bureaus if I am issued a card. I authorize my employer, my bank, and any other references listed above to release and/or verify information to Citibank (South Dakota), N.A., and its affiliates in order to determine my eligibility for the Citibank Classic card and any renewal or future extension of credit. If I ask, I will be told whether or not consumer reports on me were requested and the names of the credit bureaus with their addresses that provided the reports. If I designate any authorized users, credit bureaus may receive and report account information in the authorized users' names. I certify that I am 18 years of age or older and that the information provided is accurate. I understand that if I use the card or authorize its use or do not cancel my account within 30 days after I receive the card, the Citibank Agreement sent to me with the card will be binding on me. I have read and understand the disclosure box on the back. Terms and conditions are subject to change. **In order to be considered for a Citibank Classic card you must complete and sign this application. Omission of any of the information requested in this application may be grounds for denial.**

Please allow 30 days to process your application. Do not send payment of $20 annual fee; you will be billed later. © Copyright 1992 Citibank (South Dakota), N.A. **Member F.D.I.C.**

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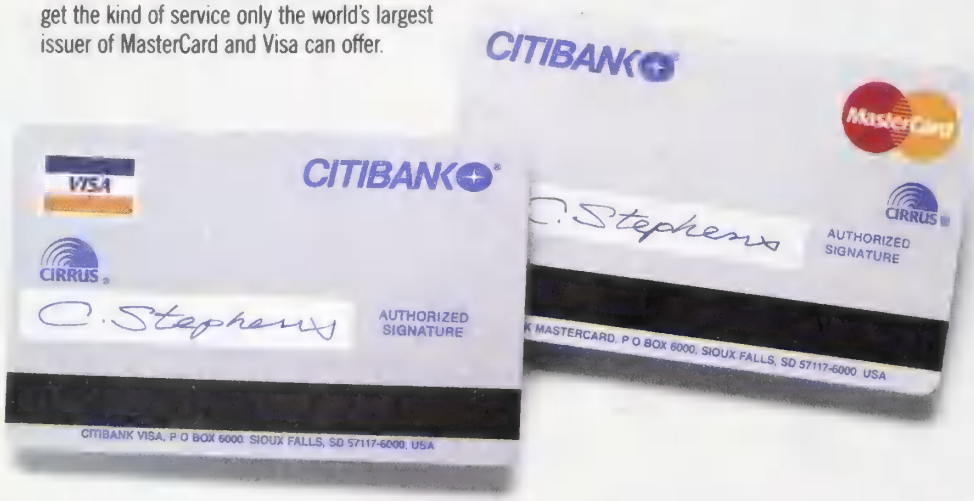
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Minimum Finance Charge	50¢
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Over-the-Credit-Limit Fee	$10

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believe that date rape is not a true crime. "It was the women's rights movements in the seventies that initiated nationwide rape reforms," says Largen. "In that case, society was way ahead of the law. "Now [with] date-rape cases, it looks like the law is ahead of society."

Criminal injustice

But just how effective are rape laws? Despite the overwhelming number of women who are the victims of rape, few men are in prison for committing the crime.

Part of the problem is that women are reluctant to notify the police. "Rape completely shatters a woman's self-esteem," says Laura X, director of the National Clearinghouse on Marital and Date Rape, in Berkeley, California. "She doesn't even feel worthy of asking for help." Most victims wait at least several hours or even days before reporting the crime. They try to find a safe place to comprehend what has happened to them, and to think through their options. Eventually, only half of all victims decide to call the police, according to the study "Rape in America."

Women give a variety of reasons for keeping silent. Nearly seven out of ten worry that people will think that they were responsible for the rape. Some say they want to resolve the matter themselves; others are afraid the offender will hurt them again, or that the police will be inefficient or insensitive.

Their fears are not unfounded: Of those rapes reported in 1990, less than 30 percent resulted in arrests. Charges are dismissed in more than one third of these cases, because date-rape trials are notoriously hard to win. Most of the remaining men will plead guilty to either rape or a lesser charge; only about 12 percent of all those arrested will ever go to trial.

A woman who does meet her assailant in court often finds that she is as much on trial as he is. She must prove beyond a reasonable doubt that she did not consent to sexual intercourse. Although in most states rape shield laws protect a woman from revealing her sexual past, says Columbia law dean Vivian Berger, "there is no way around looking at the victim's conduct when it comes into question [in] reference to the incident." Adds Gary LaFree, Ph.D., chairman of the sociology department at the University of New Mexico, in Albuquerque, and author of *Rape and Criminal Justice* (Wadsworth, 1989), "Straight measures of evidence are less compelling than the victim's moral character."

And while the prosecution is ordinarily not required to prove that the woman resisted, "informally, jurors may demand it," says Berger. Since more than two thirds of rape victims have no physical injuries to prove they fought back—and saying "I was terrified" is not usually enough—a woman must convince the jury that the defendant's words or actions threatened her with harm if she resisted.

Surprisingly, women jurors are less likely to sympathize with rape victims than male jurors. "Women feel very vulnerable when they hear about rape," says Mary Ann Largen. "They cope with that by rationalizing, by saying, 'This couldn't happen to me because I wouldn't have said what that victim said' or 'I wouldn't have done what she did.' They try to assess her behavior in ways that make them feel safer. [But] men, older men in particular, generally tend to feel protective of the woman."

Despite all these hurdles, almost 60 percent of the women who go to trial see their assailants found guilty. Yet, according to reports by the Bureau of Justice Statistics, 13 percent of the men convicted are released on probation. Those who do go to jail are likely to be back on the streets in less than six years. And five out of ten of them will be rearrested for rape within three years of completing their first sentence.

These sad statistics are no surpris experts who believe that the roots of r run deep—and have been growing years before the crime is actually comm ted. "Using the criminal justice syster fix issues like rape is like using a chain to do surgery," says LaFree. "It's re too late when the rape happens."

So, what can we do? The answer, experts, is to educate our children to spect their bodies, to communicate t wishes clearly and to hear what the op site sex is saying.

In the meantime, says Mary Koss, "v the Tyson and Palm Beach trials, the m sage is getting out to women: When a forces you to have sex against your that's rape. It may be difficult to prov court, but whether you can prove it or it's still rape—even if he knows you."

Andrea Gross is a contributing edito Ladies' Home Journal.

Where are they now?

What happened after the two most-talked-about rape trials ended? LHJ rece caught up with those involved to find out how their lives have changed.

■ **Patricia Bowman**, the thirty-one-year-old Florida woman who charged Will Kennedy Smith with rape, now divides her time between caring for her three-year daughter, attending Palm Beach Atlantic College, where she majors in human resour management, and volunteering for victims' rights groups. She works with other rape tims for Palm Beach County Victims Services, and she gives speeches for the Natio Victim Center on keeping the names of crime victims out of the media (her own na was revealed by several news organizations before and during the trial). Bowman is a trying to get rape reform laws passed in Florida and other states. "It's important to ge volved," she told LHJ. "I've been through hell, but I won't be destroyed. I've recei thousands of letters from women with more heinous stories than mine—including from an eleven-year-old girl from Kansas who told me she thought she could un stand what I was going through because her friend had been raped. An eleven-year with a friend who had been raped. . . . Something has got to be done."

■ In June, **William Kennedy Smith** began his three-year medical residency at University of New Mexico School of Medicine, in Albuquerque, rotating between University Hospital and the Veteran Administration Medical Center. Smith, who acquitted in December of raping Bowman at his family's Palm Beach estate, was o nally scheduled to start his residency last year, but postponed it. According Kenneth Gardner, M.D., assistant dean of residency programs, before entering year's program, Smith worked with some people at the hospital "to make sure skills [were] up to speed." Smith, thirty-one, will earn about $25,000 a year and specialize in internal medicine.

■ Former boxing champ **Mike Tyson**, now known as prisoner #922335 at Indiana Youth Center, in Plainfield, Indiana, is serving a six-year sentence for ra Desiree Washington last year. Officials at the medium- to high-security prison Tyson, twenty-six, spends his days working in the recreation department—a sixty-cent-a-day job—dispersing and maintaining equipment such as basketballs and balls, and cleaning the gym. The center has no boxing facilities, but officials say Tyson does use the weight-lifting machines. With time off for good behavior, he is pected to be released in April 1995—but he has already been penalized once threatening a prison guard last spring.

■ Nineteen-year-old former beauty contestant **Desiree Washington** filed a civil against Mike Tyson in June, seeking damages for assault, battery and inflictio emotional distress. The complaint, which was filed in Indianapolis Federal Dis Court, does not specify a dollar amount, and Washington's lawyers don't expect case to go to trial until the end of the year, at the earliest. Meanwhile, Washing hopes to return to Providence College, in Rhode Island, this fall, where she'll begin sophomore year; she has no plans for entering future beauty pageants. "She good days and bad days," says Deval L. Patrick, one of her lawyers. "Mr. Tyson begun to repay his debt to society for the crime he committed. This [civil] suit is at his obligation to Ms. Washington."

—PATRICIA GRE

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Frank talk about the most intimate aspects of our lives

Should I stand by my man?



Must a woman stay in a marriage only out of obligation? Here's one woman's devastating story of betrayal and heartbreak. Tell us what you think she should do

Last year, my world was ripped apart by the cruel and careless act of one man. As a result, my husband, Marcus, is physically and mentally disabled. Our lives will never be the same again.

What makes all this even harder to bear is that the person who ruined us is Marcus himself. Knowing this, I'm not sure I can find it in my heart to forgive him—or to stay married to him.

Ironically, before our tragedy, I could scarcely bear to be away from my husband even for a moment. At the time, Marcus and I had been married three years—I'm forty-one and he's thirty-six—and I loved him passionately. His patience, gentleness, sense of humor and good looks were everything I could ask for in a man. He shared my hopes and dreams, knew my every secret, loved, comforted and strengthened me.

The only serious flaw I'd ever seen in his character was revealed shortly after we first met: Marcus admitted that he had recently got a ticket for driving while intoxicated. I made it clear I wouldn't tolerate that dangerous behavior, and he promised never to do it again. I never saw him drink after that.

Our nightmare began with a phone call from the police while I was out of town on business. A voice said simply, "Your husband has been in an automobile accident. Please hurry!" When I arrived at the hospital five hours later, I was horrified by what I saw: Marcus, whose pickup truck had collided with a van, was in a coma with massive head injuries. Every bone in his face had been shattered, one eye was badly damaged, and jagged cuts slashed his face from chin to forehead. No one could predict the extent of any brain damage. I was so frightened and upset when I saw him that I didn't bother *(continued)*

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to ask about the details of the accident.

His doctors were convinced he would not survive, but I was determined to prove them wrong. For nine days and nights, I camped in the intensive-care waiting room. I bathed Marcus, played his favorite tapes, read get-well cards and letters, paced the floors every time he was in surgery, and never stopped telling him how very much I adored and needed him.

At the end of three weeks, Marcus rewarded me with a smile. It was a weak, lopsided and fleeting grin, but I'd never seen a more beautiful sight. I slumped to the floor and sobbed, convinced that this was the turning point in our battle.

In fact, it had just begun.

Later that day, a hospital social worker informed me that there were no available agencies or funds to help pay our medical bills. Our demolished twelve-year-old truck carried minimal insurance. Although I had medical coverage at work, Marcus did not qualify for workmen's compensation or disability at his job as an electrical engineer, since he had been with his new employer for fewer than ninety days. Moreover, he would not be eligible for Social Security benefits for nine months, and I probably earned too much money as a school counselor to qualify for welfare.

The thought of the financial horrors we faced made me physically ill—until I remembered Marcus's gorgeous grin. I'd been to hell and back, but as long as the man I loved was alive and by my side, nothing was insurmountable.

Then, slowly and deliberately, the social worker removed a piece of pink paper from an envelope. He handed it to me, patted my hand once or twice, and left me alone. I unfolded the paper and saw that it was a police report. It read: *"Head-on collision. Driver of van uninjured. Witnesses state driver of truck speeding and recklessly passing traffic, disregarding double yellow line, weaving. Suspect alcohol-related accident."*

Attached to the report was the result of Marcus's blood alcohol level, a sample taken seven hours after the accident. He had twice the amount of alcohol in his system for someone to be considered legally intoxicated in our state. I later found out that he had gone to a bar after work, then bought a six-pack of beer on the way home.

This tragedy—that had mangled his face, stolen parts of his brain, would financially devastate us, end his career and alter our marriage—had been avoidable. Marcus hadn't been the victim of fatigue, bad weather, engine failure or another driver. Despite his promise to me, he had driven drunk again—and had probably been doing so for years.

A shrill keening came from somewhere deep inside me—so terrifying and full of pain that others turned to look. S clutching the police report, I walked i Marcus's room and stared at what he h done to himself. I wanted to be able scream at him, to ask him why, to tell h how betrayed I felt. Instead, all I could was swallow my feelings of hurt and rag

Over the next few weeks, Marcus beg to improve. I caressed his battered fa and rubbed his cramped legs. I coax him into his physical therapy sessions a dried his tears when the pain became u bearable. The hospital staff, family a friends all praised my courage, devoti and patience. Not a soul noticed that t tears had stopped—or asked why.

Meanwhile, the financial crunch set Although my insurance and HMO paid some of his care, the expenses still pil up, and after eight weeks, I could no lon afford to pay for the house we'd been re ing. My co-workers found an inexpens apartment and paid my phone bills.

Four months after the accident, the h pital sent my husband home to me with schedule of impending surgeries and the pies. His mouth was wired shut, and he h to be fed through a tube. He could bar walk, still did not understand everythi that was said to him, was blind in his rig eye and had lost most of his hearing. I one could tell what the future held for hi

For the first five months, I went throu an exhausting care-and-feeding routine th



egan at four each morning. His brother oked after him until I came home from ork; then I saw to all his needs until I col-psed into bed at midnight.

I continued to suppress my feelings just make it through each day; however, his served only to heighten my fury to he bursting point. Finally, Marcus did omething insignificant—throwing down newspaper—which annoyed me. I tried react calmly, but I was so choked with nger that I actually threw up.

Soon after that, I sought counseling—rst for me, and later a separate therapist r Marcus. I think the therapy is begin-ing to help me resolve my anger.

Today, sixteen months later, Marcus's ealth has become much better: The feed-g and tracheotomy tubes have been re-oved, although his face is still terribly sfigured. Worse than his physical condi-on, though, is his mental state. He seems comprehend more, but he is so despon-ent that he cries often and rarely speaks. is wonderful sense of humor is gone. All e does is watch TV.

He is repulsed by his looks and hates go-g outside. Once I offered to take him to the each, but he said, "No, no one should look me in the sunlight. I'll scare the kids." othing I can say comforts him. I know it's orribly selfish of me, but I admit I have a ard time dealing with his looks, too.

After more than a year of being both a caretaker and our sole source of income, I now face an agonizing choice: whether to stay with my husband or to leave and try to rebuild my life. If the accident hadn't been Marcus's fault, I would never have dreamed of leaving his side, but I can never forgive him for his deceit and betrayal.

If I stay, it will be only out of a sense of obligation. The deep love I had for him is gone; in order to muster up any sort of affection, I have to remember all the good qualities he once had. I've tried to talk to Marcus about the situation, but he becomes so upset that I have to stop. All he can say is, "I'm sorry; it's my fault."

Marcus's family admits that they knew he had a drinking problem, but kept it quiet to protect me and never tried to help him. They beg me to stay, arguing that he can't live without me. Quite honestly, I think they're pressuring me to stay so *they* won't have to take care of him.

My family begs me to leave for my own sake. They assure me that Marcus gave up the right to my loyalty when he chose to drink and drive. Since the accident, I have lost twenty-two pounds, and my energy is drained.

My therapist tells me I will know what is right when the time comes. Until then, I remain responsible for this man who doesn't look or act like my husband, but who answers to his name and occasionally flashes a familiar grin. Together we are locked into the worst of nightmares, one that need never have happened and one from which we may never wake.

What advice would you give this woman? What would you do if you were in her place? Let us know your opinion. We've set up a number to record your answer from eight A.M., Eastern standard time, Sunday, August 16, to 11:59 P.M., Sunday, September 6: call 900-370-0370. Each call costs 99 cents. We'll print your answers in a future "Woman to woman" column.

QUESTION 1: What do you think this woman should do?

Press 1 for leave her husband
Press 2 for stay with him

QUESTION 2: What would your advice have been if the accident had not been Marcus's fault?

Press 1 for leave him
Press 2 for stay with him

QUESTION 3: If this were to happen to you, would you leave your husband?

Press 1 for yes
Press 2 for no, I would feel obligated to care for him
Press 3 for no, I would be able to love and forgive him
Press 4 for no, I don't believe in divorce under any circumstances

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Tips for smarter and safer living. By Paula Lyons



IN THIS COLUMN, THE SECOND IN A SERIES, *GOOD MORNING AMERICA*'S CONSUMER EDITOR EXPLAINS THE MYSTERIES OF BUYING A MATTRESS AND HOW TO SPOT COSTLY FINANCIAL SCAMS

A firm look at mattresses





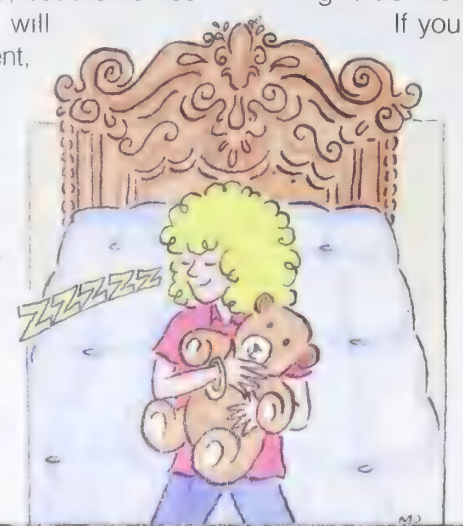
I love to shop. I'm good at it, too. But buying a mattress is, for me, one of the most frustrating and confusing of shopping experiences. What's so confusing about mattresses? The way manufacturers and retailers sell them, that's what.

First, the terms used to *describe* mattresses are meaningless. "Today, the softest mattress is called 'firm,' " says Mark Green, commissioner of New York City's Department of Consumer Affairs. After "firm," you'll find "super-firm," "maxi-firm," "hotel-firm" and "ortho-firm." What do they mean? It's up to you. Find what's comfortable and ignore the terms.

Second, you can't shop around for the best price. Two stores in the same area will sell essentially the same mattresses, but the names or cover colors will be slightly different, so you can't compare. For example, Simmons sells its Beautyrest Tiffany under the names Horizon, Vintage, Signature and Ambassador. Why? Because retailers demand exclusive products.

Third, mattress warranties are confusing. Many manufacturers now offer warranties of twenty or twenty-five years. Although a mattress may last that long without popping its springs or splitting its seams, the best mattress, according to the Better Sleep Council (a consumer education group for the mattress industry), will provide a good night's sleep for about eight to ten years.

Fourth, pricing games abound. Mattresses and box springs are on sale so often that the sale price might as well be the real price. If you don't believe me, go out and shop; then hesitate before committing. Watch how fast some salespeople will knock off another $50 or $100. And don't fall for that "we'll throw in the bed frame for free" pitch. I have yet to find a store that wouldn't.



Tough times scam alert

After nearly two years of a down economy, unemployment and the credit crunch are leaving families vulnerable to scams. Watch out for:

Employment scams

The newspaper ads make it sound so simple. "Airline Careers! Many Positions, Excellent Benefits!" "Federal Government Hiring Now!!" "Make $500 to $1,500 weekly, stuffing envelopes at home!"

But of course, finding a good job or earning big money at home is never simple. Those who answer these ads soon learn that the only ones who make money are the promoters of the scams.

Answer one, and you'll be promised the secrets of landing that job or building that at-home income—but *only* if you pay first. The up-front fee should be a red flag. No one with a legitimate business or job opportunity charges a fee before saying what it is he'll do for you.

What do you get if you send $10, $25 or $50 to the post office box or mail *(continued)*



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ONE SCAMMER NETTED OVER $400,000 IN JUST EIGHT MONTHS



(continued) drop listed in the ad? Generally, a package of worthless information. When the ads offer jobs, you get addresses of airlines and federal agencies that are supposedly hiring. Never mind that you have *paid* for information you can get free elsewhere. When you contact the organizations on the list, you'll be lucky to find anyone hiring at all.

If the ad says you'll earn money at home stuffing envelopes, you often get information on starting a home business. They tell you to place an ad just like the one you responded to and start hooking other fish with the same bait!

Some ads say you'll earn money assembling games or toys, sewing dolls or baby bootees—if they "meet our company's standards," they say, after you pay. But somehow, nothing you make is good enough, and you never earn a dime.

How much these promoters make depends on how good their scam looks and how long it lasts. Recently, authorities caught a Vermont-based "envelope-stuffing" scammer who netted over $400,000 in just eight months.

Advance-fee loan scams

Bad Credit? No Credit? No Problem!" the ads scream. "We have money to lend!" If you've been out of work long enough, already borrowed from family and friends, and face bankruptcy or foreclosure, the appeal of these newspaper, radio and TV ads is obvious.

How do you get these "guaranteed" loans? Just pay an up-front fee of a few hundred or a few thousand dollars (depending on how much you need to borrow)—sent by certified check overnight to a post office box or mail drop. Over the past two years, thousands of people, unable to get loans elsewhere, have paid those fees and got neither a loan nor a refund of their money.

What's worse, the con artist requires personal information (address, Social Security and bank account numbers), which can be stolen and used to defraud you in other ways. For example, crooks can apply for other loans or credit in your name and run up charges.

"Advance-fee loan fraud is escalating fast," says Carrie Getty, vice-president of the New York Better Business Bureau. The Atlanta Better Business Bureau reported receiving one hundred fifty thousand phone calls about these operations in a recent six-month period. The national Council of Better Business Bureaus estimates that this type of fraud costs individuals and businesses $1 million per month.



And as soon as authorities stop one loan broker, new companies—often made up of the arrested con man's former employees—set up and start scamming again.

If you find yourself in need of money, don't count on getting a loan by answering a classified ad placed by some out-of-state company you've never heard of.

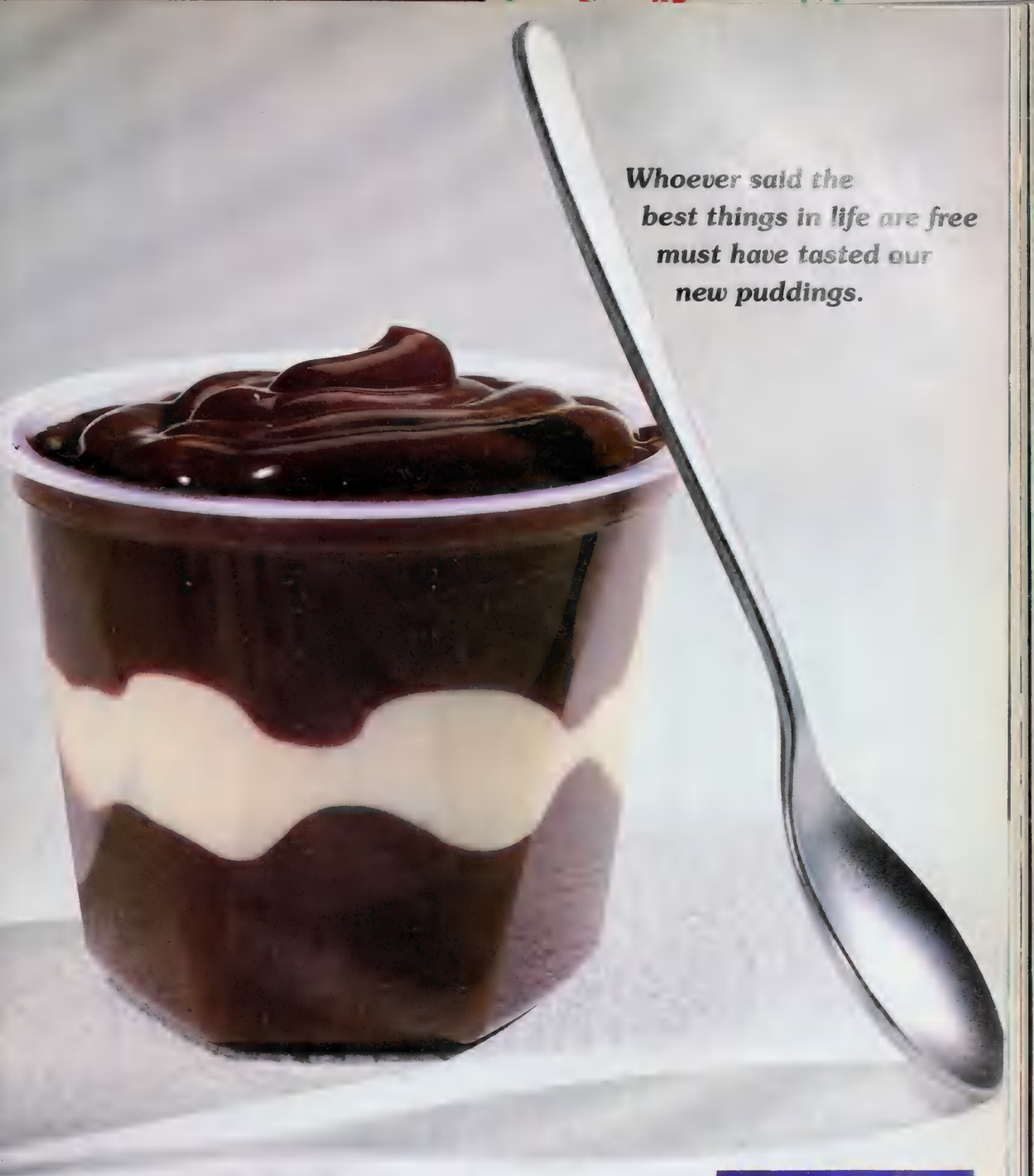
Instead, contact a consumer credit counseling service affiliated with the National Foundation for Consumer Credit. Call 800-388-2227 for the service nearest you. Counselors there will contact your creditors, work out a reduced-payment plan for you and teach you to manage future debt—all at little or no cost to you. (Beware of hucksters who promise high-cost credit repair, then take your money and run—these scammers abound, too.)

COMPLAINT DEPARTMENT

If you have a consumer complaint or an outrage that you'd like to share with LHJ readers, please write:

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How to feel better fast

WHETHER YOU'RE ANXIOUS, DEPRESSED OR TRYING TO CONQUER A BAD HABIT, HERE'S A QUICK TREATMENT THAT MORE AND MORE PEOPLE ARE CHOOSING

Sally, thirty, had been depressed for some time when she sought the help of Boston psychologist Simon Budman, Ph.D. In just five meetings, he helped Sally trace the depression



to unresolved grief over her mother's death two years ago. He taught her to express her feelings of loss and gave her exercises that enabled her to make a difficult cemetery visit. Her despair gave way to hope.

The treatment that worked so well for Sally is known as short-term therapy, which aims to solve specific problems—such as phobias, anxiety, bad habits or chronic physical pain—much more quickly than traditional therapy, which can take years. Although it's been practiced since the 1940s, short-term therapy is becoming popular today, says Virginia Rutter, spokeswoman for the American Association for Marriage and Family Therapy. "Not only is it cost-efficient, it's effective."

Research suggests that short-term treatment—usually between one and twenty sessions—works as well as, if not better than, long-term therapy for many problems. (Longer treatment is usually prescribed for people with severe problems.) The short-term therapist emphasizes active questioning and teaches problem-solving techniques. The focus is on today's troubles, not childhood memories or unconscious thoughts.

Critics charge that the therapy offers relief only for symptoms and that the effects may be temporary for people with deep-rooted problems. But proponents say finding the root of a problem may be unnecessary, and clients often continue to make positive changes on their own.

Solutions can even be found in just one session. Psychologist Moshe Talmon, Ph.D., and his colleagues at Kaiser Permanente Medical Center, in Hayward, California, found that single-session therapy solves mild to moderate problems. Of sixty people whose complaints included insomnia and depression, 88 percent reported improvement.

To find a short-term therapist, consult a local teaching hospital, a mental-health center or your family physician. Licensed psychologists are also listed in the Yellow Pages.

Talk with two or three therapists about their credentials and experience and about their fees (private practitioners charge $60 to $150 an hour). Then, ask yourself, "Is this someone to whom I can comfortably tell my problems?" —JEAN FAIN

REFLECTIONS ON LOVE

In his recent book, "Born for Love" (Random House), best-selling writer and teacher Leo Buscaglia, Ph.D., says that love—of ourselves, as well as of others—is something we must continually work at in order to be truly happy. Here is one of his reflections on the art of loving. Think about how his words apply to your life.

To love, you must forgive yourself

If you're like me, you may forget your own telephone number, but you have an unfailing memory for your past mistakes. We compound this when we allow these memories to cloud the present.

There are parents, for instance, who burden themselves with a lifetime of guilt for the mistakes they feel they made in bringing up their children. There are those who have made poor decisions in work, social and personal situations and have pounded their chests raw with contrition.

At one time or another, we will all need the forgiveness of others, but equally important is the forgiveness we owe ourselves.

Love is not about keeping old wounds open, it is about healing them. It is about moving forward, and getting on with life.

—LEO BUSCAGLIA

From BORN FOR LOVE, by Leo Buscaglia. Copyright © 1992 by Leo F. Buscaglia. Published by SLACK, Inc. Distributed by Random House, Inc.


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Clutter control

Does this sound familiar? You can never find things, and you waste time looking for them over and over. An entire room in your house is devoted to storage. You have so much *stuff* that you don't know where to begin cleaning.

Don't despair. There *are* ways to reduce the clutter. Here's how.

Psych yourself into action. Don't let the enormity of the task overwhelm you. Instead of trying to clean out the entire house at once, concentrate on one cluttered area at a time. Once you've finished that job,



you'll feel a sense of accomplishment, and the rest won't seem quite so daunting.

Use it or lose it. If you aren't actually using something, don't allow it to take up space in your home. If it's broken, fix it or toss it. If it's ripped, have it mended. And don't tell yourself that something is "too nice to throw away." Give it to someone who *will* use it.

Store things sensibly. Efficient storage makes it easier to put items back after each use. Store the things you use most often in the most easily accessible places, such as eye-level shelves and the front of cupboards.

Don't procrastinate. Never say, "I'll put this jacket here for now." When you use the term "for now," you're admitting that you're going to handle the item more than once. That increases clutter and at least doubles your workload. Decide what to do with the item then and there.

Recycle it. Give clothes and shoes you no longer wear to someone who really needs them. The same goes for baby clothes and toys. Sell the books you never read to a used-book store or donate them to a library. Give old magazines to schools, hospitals and nursing homes.

Stop collecting things you really don't need. For instance, if you use empty jars for storing things, keep *one*. Don't save any more until you use the one you've got.

Start a file system. To be organized, every household needs a file cabinet. It's the perfect place to keep bills, important papers and correspondence, warranty cards, product information, instruction booklets, stamps, your kids' report cards, catalogs, address books and more.

Keep clutter from accumulating in the first place. This means: ■ When you bring something into a room, take it out when you leave. ■ Carry things upstairs or downstairs if you're going there anyway. ■ Remove everything from the car that was added this trip.

—JEFF CAMPBELL

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movies to match your moods

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- The Way We Were
- Terms of Endearment
- E.T.
- Ordinary People
- Love Story

When you want to feel like a kid again



- Look Who's Talking
- Big
- Stand By Me
- Home Alone

WHEN YOU NEED A GOOD LAUGH:

- Airplane!
- Some Like It Hot
- Blazing Saddles
- Annie Hall
- The Philadelphia Story



WHEN YOU NEED SOME SERIOUS GIRL TALK:

- Thelma and Louise
- Beaches
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- Julia

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—LYNN PROWITT


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"The Dance of Snow White and the Seven Dwarfs"

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Inspired by the magic of this Disney animated classic... a Bradford Exchange recommendation



Welcoming the fair Snow White into their humble home, the Seven Dwarfs celebrate with a rousing dance. Now you can join the fun with a new limited-edition porcelain collector's plate inspired by this classic Disney film. "The Dance of Snow White and the Seven Dwarfs" plate is available now – and it looks like a smart buy. Here's why it's a Bradford Exchange recommendation:

"The Dance of Snow White and the Seven Dwarfs" plate is an important first issue, the first plate in the Snow White and the Seven Dwarfs plate series from Knowles China, an affiliate of the Bradford Exchange, and it celebrates the first feature-length animated film ever made.

It is an impressive work of art. Disney artists created the original art for this plate inspired by the animation from Walt Disney's classic film, *Snow White and the Seven Dwarfs.* Attesting to its importance, each plate is hand numbered and accompanied by a Certificate of Authenticity.

"The Dance of Snow White and the Seven Dwarfs" plate has the potential to appreciate in value because the edition is limited to a maximum of 150 firing days. Once the edition closes, collectors' demand could exceed the supply of plates and force asking prices up.

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If, for example, you had followed one of our major recommendations in 1988, you would have bought the "Bibbidi-Bobbidi-Boo" plate from the Cinderella series at $29.90 – a plate that last traded at $57.00.* More recently, if you had acquired the "Mary Poppins" plate from the Mary Poppins series, you would now own a plate that last traded at 151% of its 1989 issue price.

Like any marketplace subject to the laws of supply and demand, the plate market is constantly changing. Some exceptional plates appreciate in value; some plates go down, and many remain at or near issue price. But right now, Bradford Exchange analysts rate "The Dance of Snow White and the Seven Dwarfs" plate as one of the year's top prospects...and we'll back up your purchase with our 365-day guarantee.

To acquire this plate at its $29.90 issue price, simply fill out and mail the order form provided. *Send no money now.* You will be billed when your plate is shipped. But don't delay. The time to get "The Dance of Snow White and the Seven Dwarfs" plate is now, *before* it has a chance to increase in value.

*Reflects last trades on the exchange as cited in the Bradford Exchange Market Report, Vol. IV-2.

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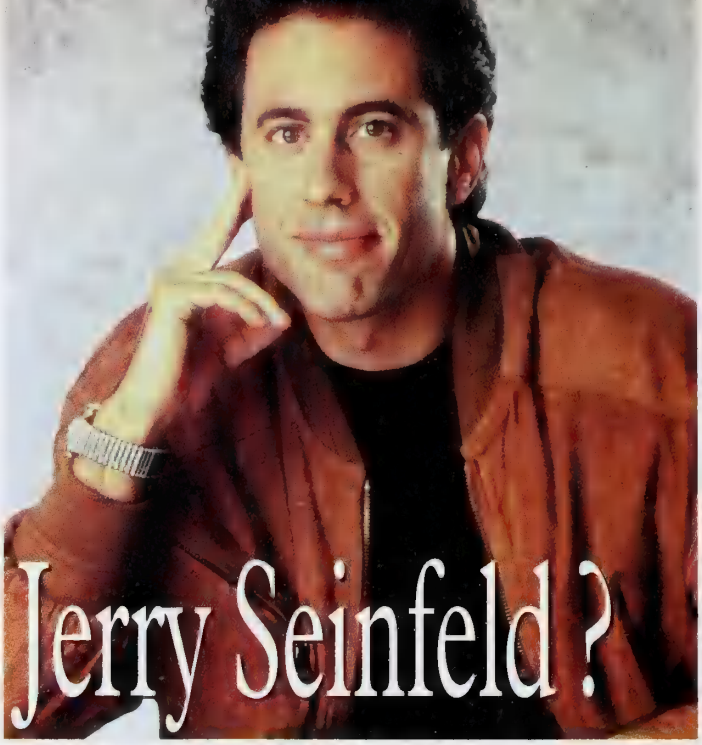
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What's the deal with Jerry Seinfeld?

The clean-cut star of TV's hippest sitcom talks to the Journal about hard work, success and women—and why he has such an extensive sneaker collection

BY JILL RACHLIN

Walk into Jerry Seinfeld's neat Manhattan apartment, and you get the feeling that you're on the set of his hit TV series about, yes, the everyday life of a Manhattan stand-up comic. True, his *real* apartment has a beautiful view of Central Park and is sleekly furnished with leather chairs and couches—a far cry from his simple, post-college-looking TV home. Yet Seinfeld himself, dressed casually in a long-sleeved green T-shirt, black jeans and high-top Nike sneakers, seems exactly the same as he does on the show. But is he?



UNDERGROUND COMEDY: JERRY AND (FROM LEFT) JASON ALEXANDER, JULIA LOUIS-DREYFUS AND MICHAEL RICHARDS RIDING THE SUBWAY RAILS TOGETHER

"I think the difference between the real-life me and the TV Jerry, as we call him around the show, is kind of like Nice 'n Easy hair coloring," the thirty-eight-year-old says with his patented wry delivery. "It's me, only better. You know, a little wittier and a little more resourceful, a little more likely to get involved in annoying situations."

Now in its third season on NBC, *Seinfeld* has become a favorite with young audiences by making fun of life's little annoyances. The quirky show has gotten laughs by featuring offbeat story lines about Jerry and pals losing a car in a mall parking lot, Jerry trying to prove he returned a book to the library twenty years ago, and an entire episode about waiting for a table in a Chinese restaurant. In other words, not your usual half-hour sitcom plots about bratty kids or buxom women.

The show's success is especially sweet for Seinfeld, who is co-creator and producer as well as on of the writers: He freely admits that he wasn't sure the series would be a hit. "I didn't know if we were really going to catch on, but it was important to me to do something I was proud of. We just wanted to be funny."

(continued)

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Jerry Seinfeld

continued

Being funny has been a lifelong goal for Seinfeld, from the time he was a child in Massapequa, Long Island. (He once cracked that Massapequa was Indian for "by the mall.") The son of a signmaker and a housewife, little Jerry decided to be a comic at the tender age of eight—soon after seeing comedians on *The Ed Sullivan Show*. Just after graduating from Queens College in 1976 he was ready for a comic-kaze mission: amateur night at Manhattan's Catch A Rising Star comedy club. He anxiously awaited his turn, came up to the microphone—and promptly forgot his carefully crafted routine. After an awkward pause, all he managed to blurt out were the subjects that he had planned to cover: The Beach, Driving, Shopping, Parents. The audience laughed at this odd routine, however, and a comic was born.

Over the next several years, Seinfeld perfected his act, and in 1981 he got his first shot on *The Tonight Show*. He became known for gentle, offbeat humor (sample: "Why do we wear cologne? Who are we kidding? Do people think I really smell like this?"). He was already a successful comic when, in 1989, NBC asked if he would be interested in doing a TV special. Seinfeld and buddy Larry David went to a coffee shop and came up with the idea of doing a show about how comedians get their ideas for jokes. The network liked the concept so much that eventually they offered Jerry his own TV series.

Ever since then, Seinfeld has spent more and more time in Los Angeles, where the series is filmed. Still, he considers himself a New Yorker first. "I *live* in New York, but I *work* out there. And I have fun in L.A. because that's the business and I have a lot of friends out there. L.A. is good for working because the city is no distraction at all," he says dryly.

Like many comics, Seinfeld seems most alive when he's performing: "I'm not a great conversationalist," he admits.

A stand-up guy

Although he's thrilled with his small-screen success, Seinfeld is quick to point out that stand-up comedy remains his first love—so much so that he spent mo of the spring crisscrossing the country tour. "Stand-up is the purest performi relationship, and there's just nothing el that I have ever done that compares wi it," he says. Unlike many comics wh poke fun at race, religion or gende Seinfeld tries to do upbeat comed "Maybe it just reflects me in some wa but that's always been one of the cha lenges in comedy, to do something po tive, because comedy is almost alway 'Isn't this stupid, aren't they stupid, isn everything stupid.' People complain th my comedy doesn't show a lot of perso al anguish, but I look at Laurel an Hardy, you know, and they are my ic of comedic perfection. Something tha so wonderful, and simple to enjoy Modern comics he admires inclu Robert Klein and Bill Cosby.

As for longtime friend Jay Leno an the new *Tonight Show*, "He's seems to doing a terrific job. He's one of the be comedians that ever stepped onto a stag and I think that's the number-one r quirement. And he's great with people."

Seinfeld candidly admits that he can say the same about himself; like ma other comics, he seems to be most ali when he's onstage, and he can be su prisingly awkward in one-on-one e counters. So there's no danger he be joining the ranks of talk-sho

ost/comics like Leno, Joan Rivers or hoopi Goldberg. "I hate people," he ys nonchalantly. "Jay's open to anyne, you know. He'll sit in an airport, st signing autographs for people. And l go to unbelievable lengths to avoid inimal contact with another human ing. See, I could do a talk show with, ce, four people that I am really interted in—but I just can't take it, asking me actress about her next movie. I'm ot a great conversationalist. I don't ually have much to say or much intert in what anyone else is saying."

If so, that doesn't seem to bother the omen of America, who, since his show is become a hit, have made Seinfeld one America's most eligible bachelors. Still, e man who once said, "I'm a single guy. here are no other guys attached to me," ys he's not looking for a wife right now. 'm at a point in my career where it eds a lot of attention," he explains, fially serious for a moment. "It's like I've st given birth to triplets, so I've got to t them on their feet. And so that's what m nurturing right now."

Is he dating? "I'm dating seriously," he ys, deadpan, and then smiles. "No, not ally. I'm not dating anybody at all. ecause, you know, tomorrow I'm appearng in Tampa, and then I go to ndianapolis, then Denver, then Dallas. nd then I go back to work. And the women who are willing to go out with me have to be extremely patient. I don't place a high priority on it. I have to get my work done, and then if there's time, I'll go out with someone who's willing to wait for me to get it done."

What would his ideal woman be like? "Just like me," says Jerry jokingly. Still, he insists that he likes people who are very different from himself. While he keeps his own apartment "monklike," he loves to go to a messy friend's apartment "because I just look in, and I go, 'See, this is life.' You see the life. If you come to my house, you don't see any life."

Indeed, you don't. Except for one stray magazine marooned on the coffee table, the apartment is clutter-free. Even his two tiny toy Porsches are parked neatly in the middle of his otherwise empty mantel. In his bedroom, which is painted a deep blue, the bed is made and the only item on the night table is a picture of Jerry and his eight-year-old nephew. His clothes are hanging neatly in his closet; shirts on top, pants below, shoes and sneakers lined up in even rows.

Jerry is quick to point out, however, that the media have made too much of his "compulsive" habits. He thinks that people are "trying to find this raging semipsycho inside of me. Basically, I'm lazy and sloppy, and I just overcompensate for my weaknesses."

Yes, he admits that he has four dozen pairs of sneakers, and yes, he likes them clean, clean, clean; but contrary to reports, he will wear them even after they smudge. He lifts up his right sneaker to underscore his point. Why so many of them? "They're all different to me," he jokes, seeming for an instant like the TV Jerry. "These are a nice kind of warm-weather sneaker, nice walking shoe, very comfortable. Colorful." He gestures toward them with a salesman-like flourish and a wide-eyed look.

By now, it's early evening, and lights are coming on in Central Park. It's time for Seinfeld to go to one of the few recreational activities he has time for—a Mets game at Shea Stadium. But before he leaves, he offers one last remark on success and stardom. "I just bought this house out in L.A., and it's pretty impressive, in the Hills overlooking the city, with a beautiful pool and everything. I said, 'Gee, I don't know if I'm going to feel comfortable there.' But my mother said, 'Oh, it's always easy to get used to better.' And I think, in a way, that's sort of what's happened to me." ■

Jill Rachlin, the Journal's entertainment editor, can be found at home every Wednesday evening, laughing herself silly at her favorite show: "Seinfeld."



LHJ's follow-up on current news, views and who's whos

fall preview

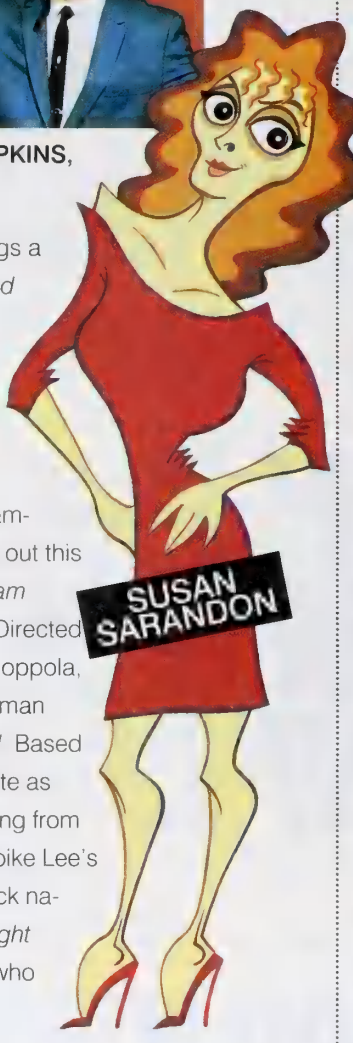
A GUIDE TO THE NEW SEASON'S BEST BETS IN BOOKS, MOVIES AND TV SHOWS. PLUS: INDUSTRY INSIDERS PICK THEIR FAVORITES. **BY MELANIE BERGER**



HOLLYWOOD HIT MAKERS? FROM LEFT: ANTHONY HOPKINS, KEVIN COSTNER, SPIKE LEE AND BILLY CRYSTAL

MOVIES

After an action-packed summer that catered to teens, fall brings a refreshing assortment of movies for grown-ups. ■ *A Few Good Men* Adapted from the Broadway play, this drama stars Tom Cruise, Jack Nicholson and Demi Moore and tells the story of a Navy lawyer (Cruise) and his quest for the truth during a military murder trial. (Due out in December.) ■ *The Bodyguard* Kevin Costner and Whitney Houston star in this thriller about a bodyguard who's in danger of falling for his glamorous client. (Due out this Christmas.) ■ *Bram Stoker's Dracula* Directed by Francis Ford Coppola, this terrifying Transylvanian tale stars Winona Ryder, Gary Oldman and Anthony Hopkins. (Due out in November.) ■ *Lorenzo's Oil* Based on a true story, this drama stars Susan Sarandon and Nick Nolte as parents fighting to find a cure for their young son, who's suffering from a rare brain disease. (Due out this Christmas.) ■ *Malcolm X* Spike Lee's latest film, starring Denzel Washington as the controversial black nationalist leader. (Due out this Thanksgiving.) ■ *Mr. Saturday Night* Billy Crystal directs and stars in the story of a stand-up comic who all too often falls flat on his face. (Due out in September.)





JANE SEYMOUR: FRONTIER WOMAN

CBS is going back in time this fall with *Dr. Quinn, Medicine Woman*, starring mini-series queen Jane Seymour as one of the first female doctors to practice on the American frontier. The show takes place in Colorado, where Dr. Quinn—a single woman who adopts three orphaned children—fights disease and sexism in equal measure. Seymour, who lives with her ten-year-old daughter, Katie, and seven-year-old son, Sean Michael, in California and England, insists that viewers are ready for TV to address such meaty issues in prime time. "It's about getting back to basics," explains the forty-one-year-old actress. "It's about relationships, family and the environment. My character is a liberated woman, in a time when such a thing was unheard of."

What's the latest word in books?

Fall is *the* season for books, and according to Gayle Feldman, the book-news editor of *Publishers Weekly*, everyone is "cautiously optimistic" this year. Her best-selling picks: Germaine Greer's *The Change* (Knopf), "given how well Gail Sheehy's book is doing," and *The Immortals* (Simon & Schuster), a novel by Michael Korda, about "JFK and Bobby under the sheets with Marilyn."

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uality Craftsmanship in Every Detail

ittle "Christy's" head, hands, and feet are hand-cast f smooth bisque porcelain, delicately hand-painted ith the warm blush of a real newborn's skin. Relaxed s can be, her eyes are closed and her tiny fingers and es are curled in comfort. She's snug in her cotton-lend, cradle-print sleeper and nightcap trimmed in yelet and bows. "Christy" has a cloth beanbag body ith floppy arms and legs, so she can be posed in nany different ways.

Evaluated against *The Uniform Grading Standards for Dolls* developed by the Ashton-Drake Galleries, these istinctive features have earned "Christy" the *Standards'* highest rating for artistry and craftsmanship – Premiere Grade.

A Collectible Doll with Investment Potential

The doll you buy today may be a wise investment for the future. Once an edition is sold out, those who want a doll from the edition must pay whatever the market will bear, if and when one becomes available from dealers or at auction. That's why fine collectible dolls often sell for more than their original prices within only a few years of being issued.

Of course, not all dolls increase in value; values can go down. But dolls of superior artistry and craftsmanship – such as "Christy" and other Premiere Grade dolls – have excellent potential to appreciate.

Bear in mind that "Christy" is an important baby doll by this legendary artist, much like the exceptional dolls we recommended in the chart below. "Christy" has similar credentials that make her potential for market success also seem promising.

Recommended and guaranteed by the Ashton-Drake Galleries, "Christy" can be yours to cuddle for only $69.00. To order, simply complete and mail the attached Reservation Certificate. But hurry..."Christy" is issued in an edition ending forever in 1992, after which molds for this doll will be broken and no more porcelain will ever be cast. Order today.

Yolanda Bello Baby Doll	Edition End	Issue Price	Average Market Value*	Change
"Jason"	1986	$48	$855	+$807
"Heather"	1987	$48	$409	+$361
"Jennifer"	1988	$58	$346	+$288

*Based on limited retail sales reported in a 1/92 survey of leading doll dealers. Actual prices realized by collectors may be lower.

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ES, please enter my reservation for "Christy," the first issue n *Yolanda's Lullaby Babies*™ collection. Limit one. I understand hat I need SEND NO MONEY NOW. I will pay for the doll in our convenient monthly installments of $17.25* each, the first eing billed before shipment of the doll.

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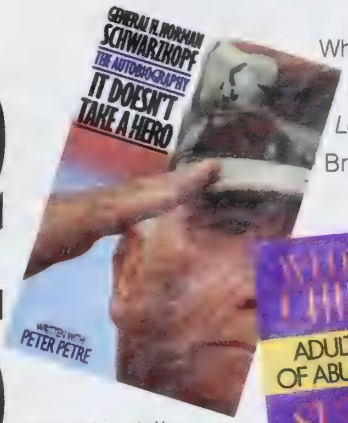
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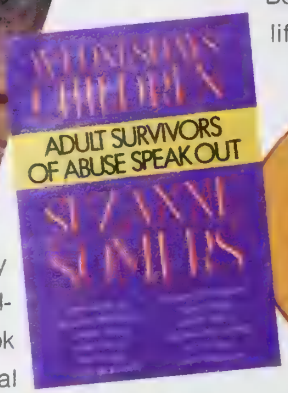
*Plus $3.94 home delivery fee and any applicable state sales tax. Please allow 4 to 6 weeks for delivery. Canadian price: $89.00 plus postage and handling and any applicable sales tax.

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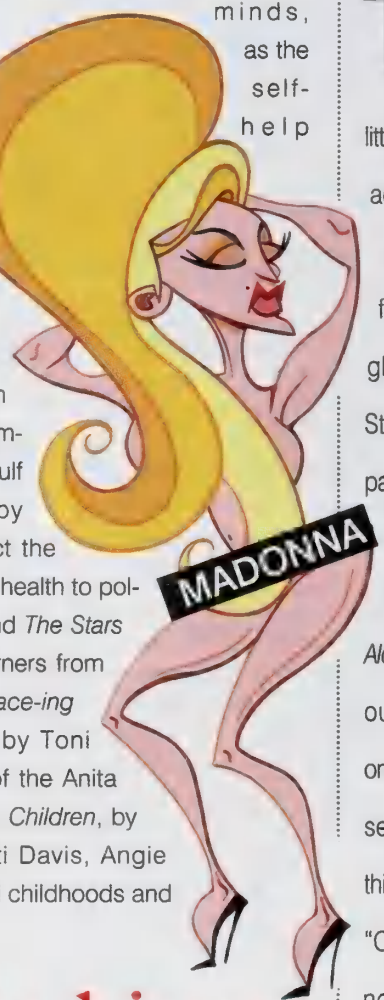
fall preview

BOOKS





What will we be reading—and looking at—during the coming months? For starters: ■ *Creating Love: The Next Great Stage of Growth,* by John Bradshaw (Bantam), and *Gratitude,* by Melody Beattie (Ballantine), promise to lift our spirits as well as our minds, as the self-help gurus strike again. ■ *Erotica*, by Madonna. From the ultimate Boy-Toy, a look at Madonna's sexual fantasies, in pictures—and a few words (Warner). ■ *It Doesn't Take a Hero*, by H. Norman Schwarzkopf, with Peter Petre. The General's memoirs, including a behind-the-scenes look at the Gulf War (Bantam). ■ *Megatrends for Women*, by Patricia Aburdene and John Naisbitt, promises to predict the trends that will most affect women—everything from work to health to politics (Villard). ■ *Mixed Blessings*, by Danielle Steel (Dell), and *The Stars Shine Down*, by Sidney Sheldon (William Morrow). Page-turners from the best-selling authors, just in time for the holidays. ■ *Race-ing Justice, En-gendering Power,* edited and introduced by Toni Morrison. A collection of essays about the ramifications of the Anita Hill/Clarence Thomas hearings (Pantheon). ■ *Wednesday's Children*, by Suzanne Somers (Putnam). Celebrities—including Patti Davis, Angie Dickinson and Somers herself—speak out about their painful childhoods and the courage it took to overcome them.



What's going to be big on the small screen?

According to reporter Joe Mandese, who covers TV for *Advertising Age*, the presidential-election coverage, normally earnest and boring, may prove to be a surprise hit on TV. "I think the general feeling in this country is that this is one of the most exciting and interesting elections in a long time," he says, "because of Ross Perot and the closeness in the polls. It's a very strange year—and there's still a lot of drama to come."



HOME ALONE—AGAIN?

Two years ago, Macaulay Culkin stole our hearts as little Kevin McCallister, who was accidentally left *Home Alone* and protected his house from a pair of bumbling burglars (Joe Pesci and Daniel Stern). Now it seems Kevin's parents (Catherine O'Hara and John Heard) didn't learn their lesson. In *Home Alone 2: Lost in New York*, due out November 20, Kevin is once again left to fend for himself. "Doing it once was one thing," says O'Hara, thirty-eight. "On this one, though, there's no defense at all." The newly married actress doesn't have any kids herself. "But," she says, "we had seven kids in my family. Sometimes, you do misplace them!"



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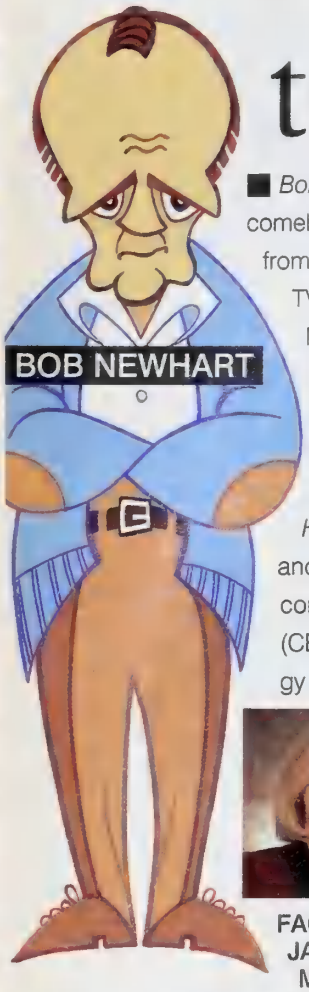
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fall preview



television

■ *Bob* Newhart's at it again, this time as a comic-book artist on the comeback trail who's trying to save his classic superhero, Mad Dog, from rampant modernization (CBS). ■ *Crossroads* Also returning to TV is veteran actor Robert Urich, who has traded in Spenser's Ford Mustang for a motorcycle—which he rides across the country with his troubled teenage son (ABC). ■ *Going to Extremes* Producers Joshua Brand and John Falsey hope they can repeat their *Northern Exposure* success with this drama about medical students on a Caribbean island (ABC). ■ *Hearts Afire* John Ritter and Markie Post star as a senator's aide and a political journalist, respectively, in this topical D.C.-based comedy from *Designing Women*'s Linda Bloodworth-Thomason (CBS). ■ *Here and Now* Malcolm-Jamal Warner plays a psychology student working at a center for disadvantaged kids. Bill Cosby is one of the show's executive producers (NBC). ■ *Love and War* Diane English (*Murphy Brown*) brings us this comedy about romance in the nineties, starring Susan Dey as a bar owner and Jay Thomas as a controversial columnist who makes Dey's bar his home away from home (CBS). ■ *Picket Fences* This comic drama from a producer of *L.A. Law* stars Tom Skerritt and Kathy Baker as a couple raising three children in a small Wisconsin town (CBS.) ■ *The Round Table* The latest from Aaron Spelling (who brought you *Beverly Hills, 90210*), about a group of hip young friends working in Washington, D.C. (NBC.)



FACES TO WATCH, FROM LEFT: SUSAN DEY, MALCOLM-JAMAL WARNER, DALTON JAMES AND ROBERT URICH, MARKIE POST AND JOHN RITTER



SANDRA BROWN: SEX AND SUCCESS

Last summer, Sandra Brown, forty-four, accomplished a feat previously achieved by only three other writers (Tom Clancy, Stephen King and Danielle Steel)—three of her novels hit the *New York Times* best-seller list at once. Brown first cultivated a following while churning out "category romances" like Harlequins for ten years before moving on to more mainstream novels such as her most recent best-seller, *French Silk* (Warner). She says her books remain love stories at heart because that's what her readers want. And that's what they'll get this fall, when four romances published to little acclaim years ago will be reissued. The author is delighted, but she insists her success "just happened . . . the stars were right—everything fell into place." —SARAH MCCRAW

What's the buzz in Hollywood?

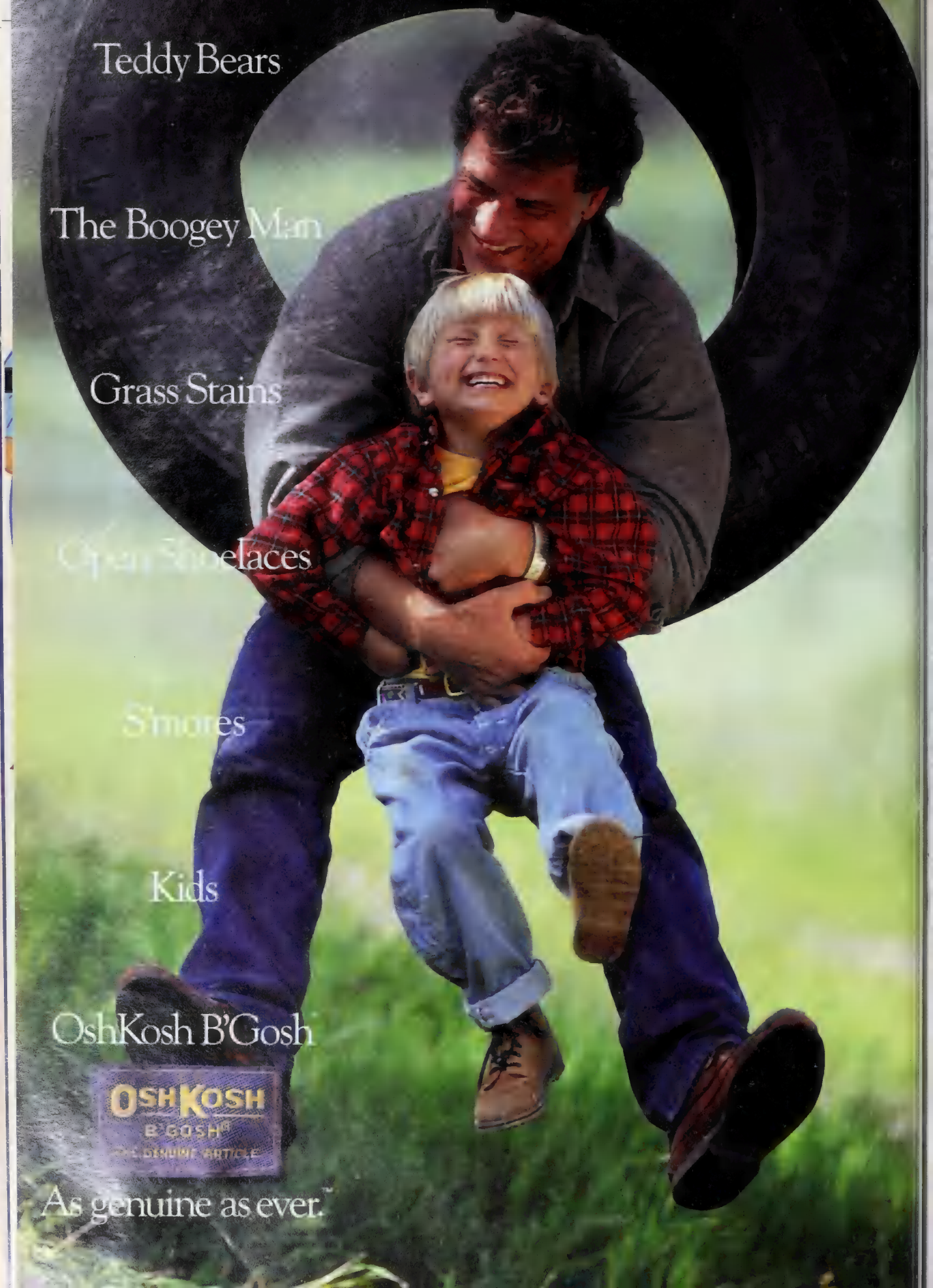
Robert Dowling, publisher and editor-in-chief of *The Hollywood Reporter*, says women won't be seeing another *Thelma and Louise*, last year's big box-office surprise, anytime soon. "There just aren't enough good, meaty roles. But women *are* becoming more involved in the process, as writers, marketers, directors and producers." And what about rumors that Hollywood is finally trying to cut costs? "The average cost of making a film today is $26 million," says Dowling. "But the studios aren't focused on spending less on movies; they're focused on *wasting* less."

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THE SECRET LIFE OF CHILDREN

WHAT PARENTS MUST KNOW ABOUT THE EMOTIONAL LIVES OF THEIR KIDS

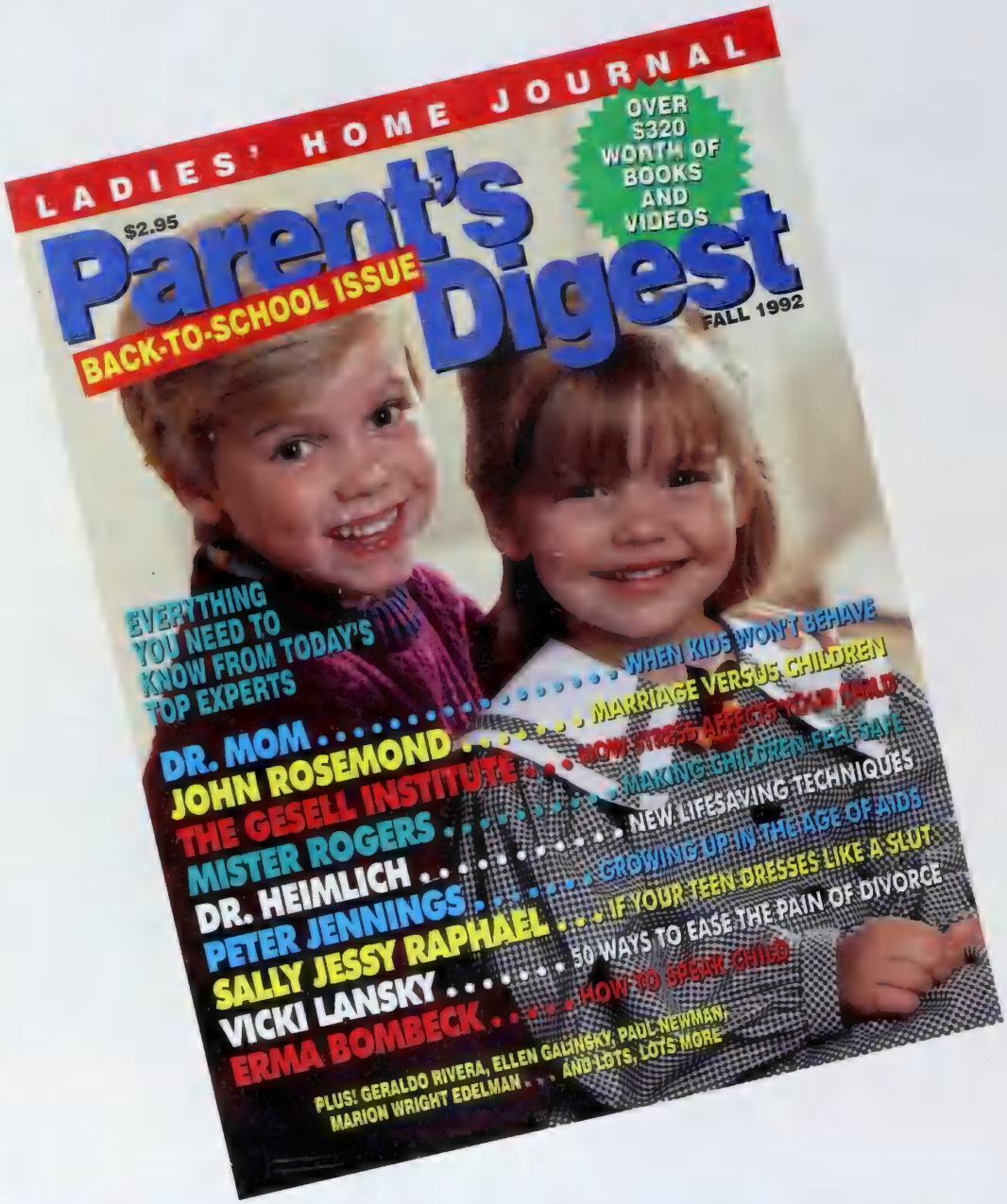
It doesn't take long to realize that parenting is much harder, and far less predictable, than we ever imagined before we had children. This special section can make the task easier.

On the following pages, you'll find more than the usual parenting tips. We've interviewed researchers and clinicians across the country to find out the latest in psychological issues related to kids. **A question of temperament** will help you manage a difficult child. Other articles—**How to help kids make friends**. . . **Why kids lie**. . . (continued)

BY MARGERY D. ROSEN

Parents have a lot of questions.

Here's the answer:



Look for Parent's Digest in your supermarket or on your favorite newsstand September 1

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by Susan Wakeen



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(continued) **What makes them resilient** . . as well as the delicate subject of a child's emerging sexuality—will arm you with insight and information so you don't feel overwhelmed by everday problems. For as experts are discovering, and parents learn by trial and error, the more we understand about why a child feels a certain way, the better parents we can be.

What's on their mind?

REVEALING SELF-PORTRAITS OF TODAY'S KIDS

How are you? Fine. What's new? Nothing. It's not easy to find out what's on a child's mind, but we wanted to try. And since, as is often said, a picture is worth a thousand words, we asked youngsters around the country to draw a self-portrait to show what they're thinking and feeling. In fact, psychologists recommend that from time to time you ask kids to draw themselves or how they feel—it can be a good way to spark a conversation.

SELF-PORTRAIT



"I want to be an astronaut. If you're in the sciences, you're always discovering something new. I'll just do as well as I can, and if I can't do it right the first time, I'll try again."

—Mario Sciacchitano, 10, Arlington, Virginia

WHAT'S INSIDE

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Barbara Kries

A question of temperament

Children are born with certain characteristics already in place. As this noted child psychiatrist explains, simply accepting that fact and not trying so hard to change them can make parenting a whole lot easier

In the last decade, the concept of temperament has punctuated articles about child rearing. Yet many parents are still confused about what it means and, when face-to-face with a hard-to-manage child, find their best intentions flying out the window.

But an understanding of temperament can change that: Stormy, unproductive encounters can be replaced by positive, affirming ones. Most important, you can learn to enjoy your child again.

The concept of temperament was first defined by Drs. Alexander Thomas, Stella Chess and Herbert Birch in their landmark New York University Longitudinal Study. In this ongoing project, which tracked 133 people from infancy to young adulthood, they were able to identify the personality traits (see next page) that shape a child's behavior from a very early age.

To better understand what those traits really mean, and to help parents recognize the patterns in their power struggles with their children, *Ladies' Home Journal* spoke with Stanley Turecki, M.D., a child psychiatrist, author of *The Difficult Child* (Bantam, revised edition, 1989), and director of The Difficult Child Center, in New York City. Turecki has broadened the concept of temperament and devised strategies every parent can use.

LHJ: First, a definition: What exactly does temperament mean?

TURECKI: The simplest way to put it is that temperament is our natural, inborn style of behaving. I like to say it's the "how" of behavior, not the "why." Temperament is a concept that focuses very much on individual differences. For years, child-development experts attributed these differences to environmental influences—the old nature-versus-nurture debate. A child was viewed as *tabula rasa,* a blank slate on which his parents could imprint whatever they wanted. Consequently, any problems the child had were assumed to be the parents' fault. That's a very damaging assumption, and I think it has caused a whole generation of parents—mothers especially—to feel extremely guilty.

LHJ: So even infants have a personality?

TURECKI: Yes. We now know that babies aren't just bundles of primitive reflexes. Newborns have certain patterns of crying or fussiness, as well as sensory thresholds—a particular sensitivity to touch, light or sound.

But temperament has nothing to do with intelligence, birth order, social class, motivation or ability. A temperamentally difficult child is not abnormal. You don't have to be average to be normal.

For example: Take three equally bright eight-year-olds faced with a book report due the *(continued)*

SELF-PORTRAIT



"I work hard every day and try my best, and that makes me feel great. I really believe that every single day has a new surprise and new goal for me—and for you, too."

—Elizabeth Ellen Dooley, 9, Eagle Grove, Iowa

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It's surprising, but it's true. In the long run, kids will eat what's good for them *if it's available at home.* So the first step in healthful eating is stocking up on healthful food. That's the basic premise of our new booklet aimed at helping you feed your family better...easily.

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(continued) next day. The first child will work consistently and gradually finish on time. The second will procrastinate before starting, but once he's begun, he gets so involved he has difficulty finishing. The third child will jump in before he's read everything and work in fits and starts.

LHJ: Why do parents have so much trouble recognizing the importance of temperament?

TURECKI: We all have certain expectations about how our children will turn out. Also, problems arise when a child's temperament clashes with that of a parent—what Chess, Thomas and Birch called 'goodness of fit.' If parents are fairly quiet, they may find it extremely hard to deal with a child who is intense. If parents value quiet and structure, they won't be able to deal with a rambunctious, active child. Furthermore, if that child's teacher runs a rigid classroom, he will probably be a behavior problem there, too.

When there is an extreme mismatch between temperaments, when the fit isn't right in a family, parents feel alternately frustrated, furious, exhausted and inadequate. They love their child, but they find it harder and harder to like that child. The child picks up on those feelings, too, and may begin to develop a negative self-image. The truth is, it is more challenging to be a parent of a hard-to-manage youngster. But you can learn techniques to help you cope.

LHJ: Don't all parents think their children are sometimes difficult?

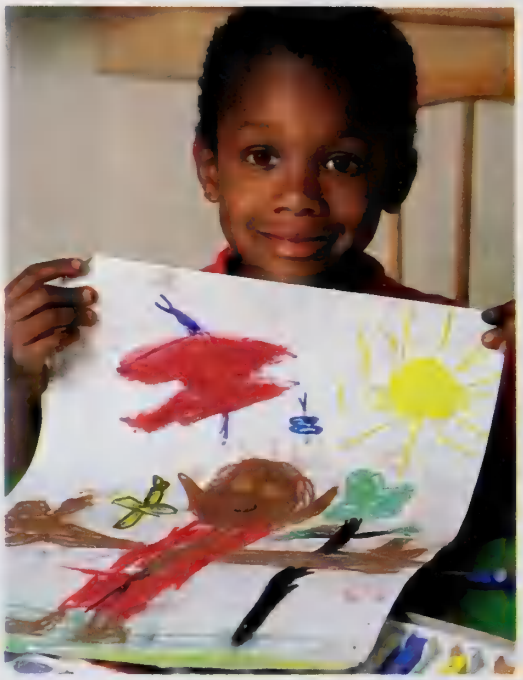
TURECKI: From time to time, yes. But to find out if your child is *temperamentally* difficult, think back to the way he was as an infant. What patterns could you see back then? A twenty-two-month-old who suddenly becomes hard to handle and willful is not difficult temperamentally. He's a Terrible Two. If your child misbehaves after the birth of a sibling or a move to another school, he's probably having adjustment problems.

Another question parents should ask themselves is: How difficult is my child in our family? One mother may be aghast that her five-year-old insists on wearing all black to school. She will fight the child tooth and nail on that issue. Another mother would say, fine, wear whatever you want.

LHJ: But can a child change?

TURECKI: The child doesn't change, but the parents can learn to think and act differently toward that child. The problem is: The tried-and-true discipline techniques that worked with an older child aren't helping with this child. The key to avoiding power struggles is to identify the patterns that lead up to them.

SELF-PORTRAIT



"When I was thinking about drawing me, I thought about nature—birds and trees and kites and the sun."

—Lonnie McQuirter, 6, Minneapolis

TEMPERAMENTAL TRAITS: CLUES TO BEHAVIOR

1. Activity level Is he very active, fidgety, always into things? Does he get easily revved up and lose control? Does he hate to be confined?

2. Distractibility Does she have trouble paying attention and concentrating? Does it seem like she tunes you out and never listens?

3. Intensity Is he always forceful, whether angry or happy?

4. Irregularity Is his schedule always out of sync with yours? Do you have trouble telling when he'll be hungry or sleepy?

5. Negative persistence Is he stubborn? A persistent nagger? Does he get locked into behavior that ultimately leads to tantrums?

6. Low sensory threshold Is she easily bothered physically (not emotionally) by light, texture, sound, taste, color? Do clothes have to feel and look a certain way to be right?

7. Initial withdrawal Is she shy and reserved with new people? Does she hold back, cry or cling to you?

8. Poor adaptability Does he have trouble making transitions from one activity or routine to another? Does he dislike new things?



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Unlike other brands, Children's NyQuil contains neither of those ingredients.

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Which means a peaceful night for your child. NO ALCOHOL.

And peace of mind for you.



For colds without coughs try the Allergy/ Head Cold Formula.

Read and follow label directions. ©Richardson-Vicks, Inc. 1992

I waited. Nuzzled up against tiny bouquets of red rosebuds sprinkled over her soft flannel nightgown. Her gentle hand, that all-knowing hand, rested on my forehead. This was the hand that determined if I was truly sick enough to stay home from school. I was. Immediately, I started to feel better.

There was something about getting to stay home from school when I had a bad cold. I wasn't deathly ill. Just sick enough to need the comforts of home. Freshly laundered sheets. Cool, soft sheets Mom would stretch across my bed, reminding me once again how to make hospital corners. I would crawl under the blankets and look into those smiling grey eyes and know that this was going to be a good day after all.

Regularly, Mom would come over, check my forehead and offer me ginger ale. Then she went back to folding the laundry at her end of the sofa. I got goose bumps when I felt the warmth of those towels fresh from the dryer. I marveled at the way Mom stacked them up. Higher and higher until they formed fluffy towers in my favorite ice cream colors.

When the "Midday News" ende "Coffee Break with Peggy" came on, I it was time for lunch. I slipped on my f fur slippers, pink quilted robe and set at the table as Mom prepared a feast buttered pieces of bread, a thin slice of in between, grilled to perfection. Serv with a dill pickle on the side. Sitting nex a mugful of steaming tomato soup. ever anyone talked about a cure for the mon cold, I wondered if they knew abo Mom's lunch.

That afternoon began with a col

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PUTTING IT INTO PRACTICE

Do the following scenarios sound at all familiar? Every parent can benefit from thinking about how temperament issues influence a child's behavior.

MEALTIME MONSTER

You've cooked dinner and called everyone to the table. Though you've made spaghetti and meatballs—four-year-old Christopher's favorite meal—he sits at the table for two minutes, pushes the spaghetti off his plate and refuses to eat. You can never tell whether he's going to eat nicely or disrupt the family harmony.

Though Christopher's behavior appears unpredictable, his internal rhythms are simply irregular (or not the same as those of other members of his family). Parents need to remind themselves that while they can choose their family's mealtimes, they can't control their children's appetites. What to do: Tell your child that although he doesn't have to eat, you would like him to sit with the family at the table. (Be flexible: A four-year-old will not last as long as an eight-year-old.) But since you don't want to be a short-order cook, freeze or refrigerate dinner-size portions that can be popped into the microwave. Or prepare with your child a goody plate; this is anything he chooses, within reason—cheese, cereal, yogurt, carrot sticks, cold chicken, even cookies—that will fit on a dinner-size plate. He can then eat from this plate between meals. You could also let him eat a peanut butter sandwich—which he makes himself, of course.

The same principle holds true for bedtimes: You can't make a wide-awake child sleep, but you can buy a night-light, give the child one or two small toys or books to read, or allow him to play a tape softly as long as he stays in bed.

WILD MAN

Ben is more active than most four-year-olds, and he has a stubborn streak. When his parents take him to a friend's house for a Sunday barbecue, Ben races to the backyard to play with the other kids. About fifteen minutes later, one little girl runs in, crying that Ben hit her with a shovel. His father dashes out, swoops him inside and demands that he sit with the grown-ups. Ben shrieks and gets more and more revved up until he's out of control. His embarrassed parents vow they will never take him anywhere again.

It can be difficult to pinpoint the exact moment when a highly excitable child shifts into overdrive and loses control. Without hovering, you need to keep an eye on such kids and try to spot the behavior early and intervene (the earlier you do, the easier it will be). Help him recognize what is happening, too, and cool off: Look him in the eye, and say, "You're getting excited now, and you need a little break," and remove him from the room or game. For a small child, you can read a book, play a record. Older children can watch a video or play favorite tapes. In your home, designate a cooling-down spot, a comfortable, pillow-filled corner with some favorite books or toys.

SELF-PORTRAIT



"I just got a new puppy, and I can't wait for my friend Jennifer to come and see it. That's me, listening to two birds singing in the trees while I wait."

—Tara Hamilton, 10, Fort Lauderdale

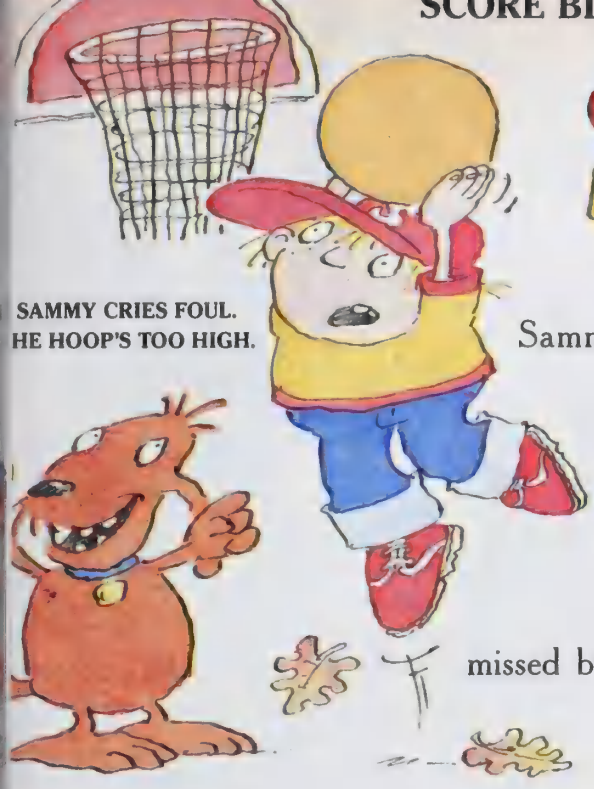
BREAKING UP IS HARD TO DO

Lilly is outgoing and enthusiastic, but every time her mother goes to pick her up from a playdate, or whenever they have to switch from one activity to another, Lilly resists; the back-and-forth arguing, cajoling and negotiating invariably ends in a tantrum.

Poorly adaptive children like Lilly hate to be surprised, and they often have trouble making changes—whether it's the end of a school year, the beginning of camp, or simply leaving one activity to start another. While preparing a child for something new can be helpful, too much preparation can trigger anxiety and make things worse. Tell your child what's about to happen, calmly but briefly: "I know you don't like to leave your friends when you're having so much fun, but we'll make another date soon." And you can help children recognize those patterns, too, so they learn to get along better with friends and teachers.

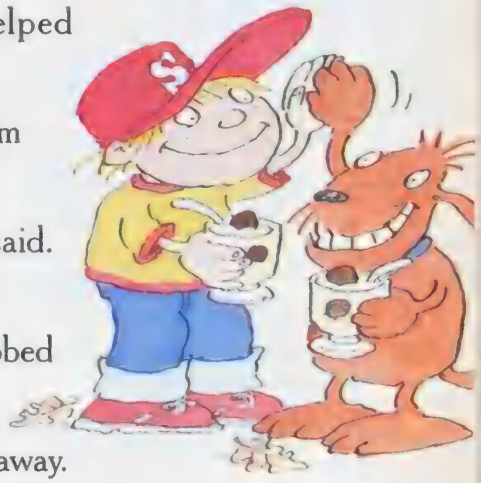
SCORE BIG WITH SAMMY'S COOKIE DUNK PUDDING.

SEPT.



SAMMY CRIES FOUL. HE HOOP'S TOO HIGH.

Sammy likes school. But he loves playing basketball after school. "Hey, Watson," he said. "Let's go shoot some hoops." Sammy tried to slam dunk the ball, but missed by a mile. "I wish I could dunk," he said. "You can," said Mom. Then they helped her whip up some Cookie Dunk Pudding. Sammy took aim and slam dunked the cookies into the Jell-O® Pudding. "I finally did it," he said. "Two points for Mom." "Woof-woof," added Watson. Then they grabbed their snacks and made a fast break getaway.



TWO POINTS FOR MOM!



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POUR milk into medium bowl. Add pudding mix. Beat with wire whisk until well blended, 1 to 2 minutes. Let stand 5 minutes.

SPOON half of the pudding into 4 dessert dishes. Stand 4 to 6 cookies in each dish, placing them along sides of dish. Top with remaining pudding. Serve immediately or refrigerate until ready to serve. Garnish with additional cookies. Makes 4 servings.

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"No one wants to play with me"

We all want to be accepted, part of a group, sought after. And though we know it's seldom helpful, it's the rare parent who doesn't worry, at least once in a while, about her children's social standing.

"Being popular is not a trivial issue, but it's not the same thing as having true friendships," says Laurence Steinberg, Ph.D., professor of psychology at Temple University and co-author of *You and Your Adolescent* (Harper Perennial, 1991), "and it has little effect on a child's long-term emotional and psychological well-being. Having a few close friends is enough."

Why do some children have lots of friends and others only a few? "Youngsters who are well liked are usually socially savvy," says James Youniss, Ph.D., director of the Life Cycle Institute at Catholic University, in Washington, D.C. "A child's play is more than child's play; it's a lesson in learning how to get along with others." If a child has good social skills—if she knows how to share, to cooperate with others and has a sense of humor—she'll be sought after. Those who are rejected may be aggressive, overly submissive and apprehensive or—sad but sometimes true—simply look different from everyone else. But one's ability to make and keep friends is not preordained. "Most kids don't realize that you have to work at having friends," says Youniss. "Until they're eight or nine, they think people who have lots of friends are just lucky."

Friendly advice for when your child is odd man out

The basis of friendship at this age, Youniss explains, is reciprocity. "My five-year-old granddaughter tells me Billy is her best friend because he gave her a cookie; that's a young child's view of friendship—what can you do for me? But by nine or ten, children begin to realize that friendship goes beyond just giving and getting."

So, while you don't want a social butterfly, you can help your child weather crises:

Don't overreact.

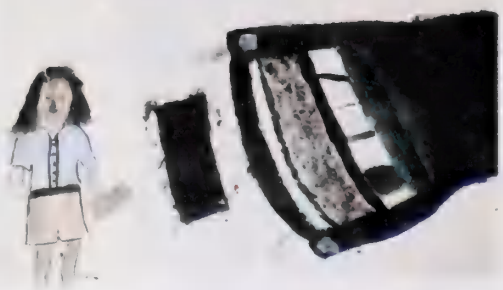
While most friendship crises are short-lived, don't dismiss them lightly. Childhood cruelties may be passing, but they wound deeply. Acknowledge your child's pain—"it hurts to be left out"—and sympathize. Tell her about the times you were not invited to birthday parties when you were a kid and offer reassurance that whatever she is convinced is ruining her life now (she's taller than all the other girls in class; he can't throw a football) will not always be the case.

Hear your child out.

Ask why she feels left out and if she has any suggestions for changing the situation. Dressing differently from others can make all the difference in the world, even to a first grader, so if her deepest desire is not too expensive or outrageous, indulge her. Though in the best of all possible worlds it's what's inside that counts, it's a fact that being overweight or wearing the wrong clothes can start a pattern of rejection that is difficult to overcome. "If a child is excluded for many years, he doesn't have a chance to develop the social skills needed to make and keep friends," Youniss points out.

SELF-PORTRAIT





"I've always loved music, and when I'm sad or upset, I play the piano, so that's what I drew a picture of. It helps me get away from my problems—and besides, it's fun to play!"

—Amy Brokl, 11, Minneapolis



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Now may be a good time to talk about those new clothes he never wears.



Get it right.

Good Housekeeping

DON'T GET HUNG UP ON NUMBERS.

"The number of friends a child has from year to year usually has nothing to do with how happy or well adjusted that child is," says Youniss. Some kids need only one or two close friends. And don't worry, either, if your child doesn't have a "best" friend. More important: Does he get along well with playmates and classmates when they are together? Are the friendships he has reciprocal rather than one-sided?

Parents also worry if their kids want to be alone. Many simply enjoy their solitude. They need time to read, to play with their baseball cards, to flop around on the bed and recharge. "And that's different from the kid who seems depressed or withdrawn," says Steinberg.

Lend a hand.

Invite your child's friends over and observe how they interact. Can you detect a pattern? Maybe your child often acts too bossy or refuses to share. Perhaps he's not assertive enough. While it's not a good idea to consistently get involved in your children's friendships, there are times when you can help. Talk to younger children about waiting their turn, sharing, letting a guest go first, and so on. Discreetly explain to older children how to resolve a conflict, or deal with a too-demanding pal. Then suggest she invite one friend over at a time to practice these new skills. (More than one can be intimidating; what's more, if she becomes friends with one child in a group, this can foster friendships with the others.)

TALK TO THE TEACHER.

Is it true that your child is indeed left out? If so, can the teacher help? Good teachers give students more than academic skills; they help them learn how to get along with others.

Help your child find areas of competence.

Involve him in after-school activities he enjoys, where he'll meet others who share his enthusiasm. If youngsters find something to be proud of, that confidence will carry over to other areas of their life. Consider, too, activities such as scouting and Little League that draw kids from many schools.

Spend time with your friends.

If children see you value friendships, they will, too.

GIVE IT TIME.

While it may seem like friendships should just happen naturally, experts agree it takes time to learn how to be a friend, to understand the give-and-take necessary to make that leap from "It's mine," to "Let's share." And they learn by playing.

SELF-PORTRAIT



"Can you see I'm skateboarding?
Right near Malibu Castle Arcade.
It's fun, and I'm good at it."
—Chance Raspberry, 10,
North Hollywood, California

IS IT JUST A STAGE?

Toddler and preschool friendships are based more on physical closeness than any similarity in personality or interests: My best friend is whoever happens to be in my play group or lives down the block. Toddler friendships shift easily, since they spring from shared activities rather than shared interests.

By the time kids are in early elementary school, relationships become more complex. At six or seven, youngsters look for friends who have similar styles of play: That is, the quiet children form alliances, the extroverts stick together, as do the kids who are athletic. Nevertheless, friendships at this age are still more accidental than deliberate.

By age nine or ten, children's friendships begin to resemble those of adults. While girls tend to have one or two best friends with whom they talk intimately, boys prefer to hang around in groups and play. Kids start to seek out friends who share their interests, and they expect them to be sympathetic, kind, helpful. Which is not to say they are immune from cruelty. Children do judge their peers on the basis of physical abilities: A boy who is small for his age, who loves chess but hates baseball, may have trouble. Girls who are overweight may be left out.



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Peace at last

If you're like most parents, you're certain that other people's kids always fight much less than yours. You're also sure that if you were only a better, more patient parent, your children would grow up to truly love each other instead of waging outright warfare.

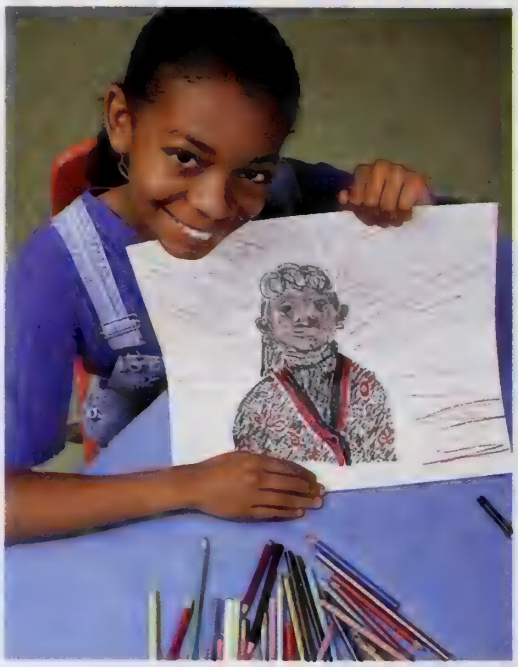
"One of the biggest misconceptions parents have is that if their kids are fighting, they must be doing something wrong," says Jane Greer, Ph.D., a marriage and family therapist in Douglaston, New York, and New York City, and co-author of *Adult Sibling Rivalry: Understanding the Legacy of Childhood* (Crown Publishers, 1992). Even children of the most attentive, most experienced, most affectionate parents fight; it's normal, even healthy. When siblings vie for attention, love, approval, intellectual stimulation and guidance, they are learning valuable lessons about how to assert themselves, negotiate and listen to others. "It's a safe place to practice all those conflict-resolution skills they'll need later on," says Greer.

Sanity-saving tips for the sibling wars

So if it's healthy, why is sibling rivalry second only to discipline as parents' biggest complaint? Perhaps it dredges up memories of their own fights with brothers or sisters; most likely, says Greer, it's because they don't understand the intensity of the sibling bond and the powerful impact those relationships have throughout our lives.

But though conflict is inevitable, you don't have to give up. While no advice is guaranteed to work for all kids at all times, ask yourself these key questions before deciding if and how to intervene:

SELF-PORTRAIT



"My mom's an artist, and I really love to draw, too. I want to be a fashion designer, so I go into my room and make little costumes for my dolls—fancy dresses in bright colors like the one I'm wearing here."

—Chane Parker, 11, Arlington, Virginia

ARE YOU TAKING THEIR FIGHTING PERSONALLY?

Accept the fact that no matter what you do, there is going to be sibling rivalry. Think of it as a process of growth and testing. And remind yourself that everyone else's kids fight, too. It just seems as if they don't.

Is there a pattern to the spats?

Do they always argue about what TV show to watch or who does what chores? Do they always squabble when you leave the older one in charge of his little brother? Are mornings worse than just before dinner? Consider keeping notes or a chart for a few weeks to see if there are any special times or patterns that trigger the most disharmony. Maybe another, inexpensive TV for the house is the answer. Or maybe the older child is not really ready to be left in charge of his sibling and feels overwhelmed. Knowing patterns may not stop the fighting, but you will at least be prepared.

Are the battles masking another problem?

Sometimes an older child who constantly picks on a younger sibling may be upset about schoolwork or problems with his friends that have nothing to do with his brothers or sisters. Or maybe they're mad at you: "Often when brothers and sisters fight, they are really upset at their parents, but feel powerless to do anything about it. It's easier to punch your younger brother than argue with Dad," says Greer. Sibling rivalry can also be a distraction and tension-relieving device when there is dissension in the house. Think about whether you and your spouse have been fighting more lately. Could the children be upset by your marital discord?

Barbara Ries ▶

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Are you projecting your own sibling wars onto your kids, unwittingly playing favorites and fostering competition?

Many parents don't realize that the roles they played in their own families—big brother, baby sister, the smart one, the shy one—as well as the feelings and resentments engendered by those roles affect the kind of parents they are today. Don't overidentify with your three-year-old who is being ignored by his big brother, just the way you were. Ask yourself if you're expecting too much of the big sister because that's the way your parents treated you.

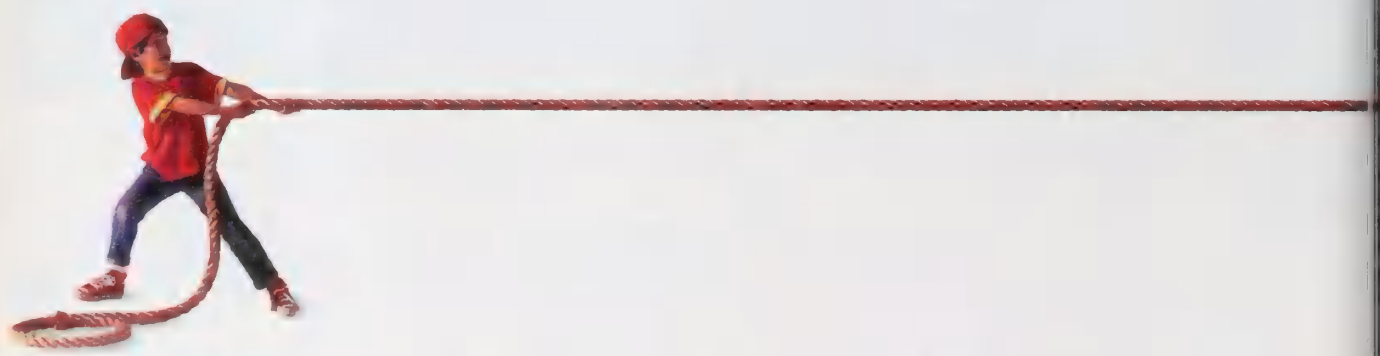
ARE YOU PLAYING JUDGE AND JURY ALL THE TIME?

Fighting siblings love an audience, says Greer, especially one whose attention and approval they are desperately seeking. However, you should aim as much as possible to stop refereeing. "You can't just tell them to 'work it out' unless you've first taught them how to do it," says Greer. Use the battle as an opportunity to help them solve the problem. Encourage them to empathize, to brainstorm possible solutions, to compromise. Establish simple, specific rules and stick to them: "You have to be nice to your brother" is too general. Better: "Kicking is not allowed in this house."

However, while you don't want to intervene too much, you shouldn't allow them to slug it out either. It may be normal to fight, but that doesn't mean they should be allowed to hurt each other.

"You can give a child permission to feel angry," says Greer, "but they shouldn't be allowed to act on it. For example, never tell a child to hit back." Instead, teach older children such conflict-resolution skills as how to let taunts and teases roll off their back and how to walk away from a dispute without losing face. Without minimizing a younger sibling's actions, encourage the older child to disengage from the fighting; reinforce such grown-up behavior.

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If this is how it feels getting your kids to eat a nutritio

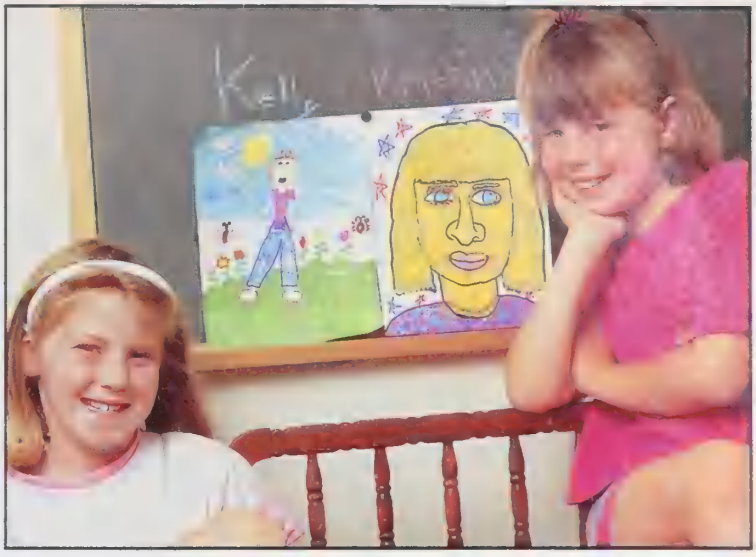


Hey Mom, besides the fact kids already love it, Kellogg's Rice Krispies is LOW IN SUG

ARE YOU MAKING EACH CHILD FEEL SPECIAL?

"Sibling rivalry is all about the fair share—getting enough, having enough—whether you're talking about a piece of cake or parental attention," says Greer. Make each child feel cherished. Stop using the generic "the kids," and end the comparisons ("Why can't you be nice, like your sister?"). Greer advises that if you have a free half an hour in your busy day, give each child ten minutes of time alone with you rather than doing something with all three of your children.

SELF-PORTRAIT



"I like school, but recess is my favorite time of the day. That's me and my friend in the field at school."

—Kelly Lapinski, 7

"I love art and want to be an artist when I grow up. Can you tell that I used some techniques from my art class?"

—Kristin Lapinski, 9 1/2, Thousand Oaks, California



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ARE YOU TRYING TOO HARD TO BE FAIR?

You never will be. "You can't possibly treat a four-year-old exactly the same way you treat an eight-year-old," says Greer, "but you should try to give each what he needs."

Are you always trying to allocate blame?

You'll rarely be able to figure it out. "If you allow yourself to be drawn into a long inquisition of who-did-what-to-whom-first, you'll only make matters worse," says Greer.

ARE YOU INSISTING THAT THEY BE FRIENDS?

You can't force siblings to get along, and if you stress too much the need to include each other in all activities, you'll create more resentments. "Kids shouldn't have to share everything," Greer says. You can't prevent a child from looking at another's prized possessions (though the owner will insist you try), but you can, and should, make sure she doesn't touch.

ARE YOU BEING PRACTICAL?

Now that you realize you're not a bad parent because your kids fight, are you working on specific solutions to ease the tension whenever possible? For instance: If five-year-old Jenny always wants to play with nine-year-old Rachel when Rachel has a friend over, invite a friend Jenny's age at the same time. And if you're really going nuts, remove yourself from the action. Get a baby-sitter or leave the kids with a friend, and take some time for yourself. ▶

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When the subject is sex

Why do even the savviest parents tremble at the discovery that their children are sexual beings? Here, honest answers and practical advice to help them—and you. By Janet Spencer-King

The disclosure of a child's sexuality can be sudden—and shocking. "I had just finished bathing Christopher, my ten-month-old son," recalls Julia. "I put him in his crib to play while I went to the hall closet to get a clean diaper. When I returned—barely a minute later—I discovered my four-year-old daughter Jenny and her friend Kate standing by the side of the crib gleefully tugging at Christopher's penis. They started giggling when they saw me, and I rather huffily asked how they'd like it if someone poked around in their private parts. Can you imagine—they both agreed, matter-of-factly, that it sounded great!"

Sooner or later, nearly every parent will come face-to-face with a similar revelation. And, like Julia, most will be taken aback to discover that their innocent ones engage in thoughts, fantasies and acts of a sexual nature. Even flower-generation parents who came of age in the sixties when "free love" was the byword may be more than a little discomfited by the realization that their own kids are sexual creatures.

"In their hearts, most adults still think of their children as nonsexual," says child psychiatrist William H. Koch, M.D., founder of The Parent and Child Consultation Service, in New York.

But the undeniable fact is, human beings are born with sexual natures. Parents of boy babies can attest to infant erections, and obviously, while no one can interview an infant, there's ample reason to believe babies of both sexes feel pleasure.

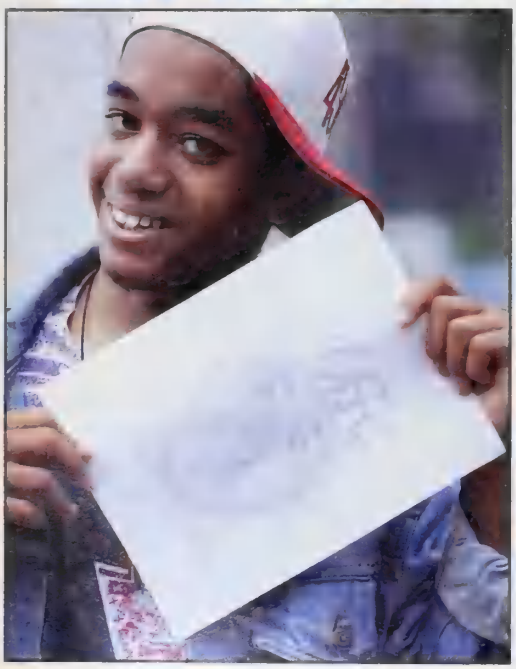
According to Lynn Leight, R.N., founder and director of the National Sex, Health, Education Centers and author of *Raising Sexually Healthy Children* (Avon, 1991), both male and female babies display a physiological orgasmic response that replicates what adults experience. Though boys do not ejaculate until they enter adolescence, female babies show vaginal lubrication that is usually associated with sexual arousal (though researchers still don't know why).

Then, too, as Sigmund Freud noted, the Oedipal stage, in which children wish to claim the parent of the opposite sex as their own, takes place during the preschool years. As kids begin to work through their Oedipal conflicts, they enter latency, a period lasting from about age six to twelve and one that has long been fraught with misunderstanding.

"It's a popular misconception that sexuality goes underground in these years," notes Stella Chess, M.D., professor of child psychiatry at New York University Medical Center and co-author of *Know Your Child* (Basic Books, 1989), "but sex doesn't take a vacation."

Latency is also a time when kids are greatly interested in friends of the same sex, *(continued)*

SELF-PORTRAIT



"I think we need more black superheroes. When I become an illustrator, I'm going to draw my characters like I drew myself—real and carefully shaded without all the cartoonlike boom and pow."

—Henry Colin, 15, New York City

Camille Tokerud

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NURTURING

The Whole Child



Top child psychologist Dr. Lawrence Balter on child development

▲A child's development consists of the coming together of many diverse and interrelated currents. However, educators sometimes divide child development into areas: They may refer to a child's cognitive functioning, emotional adjustment, social development, physical achievements and verbal proficiency.

▲But it is vital for caregivers to realize that a child's abilities are part of a totality. Activities in one area have an impact on all the others. For example, if a child is highly dependent and insecure, a caregiver's approval becomes the driving force behind his activities. Consequently, such a child may avoid making independent judgments, and may not want to risk trying out a new puzzle, or sounding out a new word. In this way, a child's emotional life can play a significant role in his intellectual development.

▲Parents frequently worry about a child's intellectual progress in preschool. They may say, "The kids are just coloring and cutting and pasting. When are they going to learn their letters so they can read?" What parents may fail to realize is that children gain many of the skills they will need in order to read – such as eye-hand coordination – from seemingly unrelated activities including coloring, cutting and pasting. These are the building blocks for a variety of advanced activities.

▲Development is a subtle and intricate process. Only by treating a child as a total entity – a whole person – can we properly encourage wholesome growth and optimal development.

▲Lawrence Balter, Ph. D., is a practicing psychologist and professor of applied psychology at New York University. He is author of Dr. Balter's Child Sense and Who's in Control? Dr. Balter's Guide to Discipline Without Combat (Poseidon).

When the subject is sex

continued

displaying strong distaste for members of the opposite sex. Though this preference is pronounced enough for some parents to harbor concerns about homosexuality, experts agree that, at this stage, it is still too early to predict whether certain behaviors are indicative of homosexuality. Indeed, as Koch notes, the drive toward same-sex friends is natural and necessary: all the more reason, experts contend, to start your children's sexual education when they are young.

If it strikes you as somewhat premature to tackle the responsibility of guiding preschoolers to a healthy sexual understanding, consider this: Kids today live in a blatantly sexual world, and they learn more about sex from the evening news (not to mention rock videos, TV shows and movies) than did whole generations in clandestine discussions behind the barn. As a result, the sexual education that parents give their pre-adolescents now takes on an urgency unnecessary in decades past.

What's more, children are actually maturing physically at a much younger age these days than did previous generations. A study conducted by the World Health Organization revealed that girls in industrialized countries start menstruating a year earlier than their mothers did and two years earlier than their grandmothers.

Then, too, as kids reach puberty, they become much more private about themselves, notes Leight. "Later on, it gets harder and harder to talk with them about their sexuality because any such conversation embarrasses them." Yet, as most mothers are well aware, your greatest opportunity to instill mores and values about sexual behavior is as early as possible. An eight-year-old will be far more receptive to a parent's moral guidance than a sixteen-year-old who is dealing with a host of other insecurities in addition to hormonal upheaval.

Helping children develop healthy sexual attitudes isn't an event, it's a process. And it starts with talking. Since a child's understanding of everything—including sex—begins on a most rudimentary level, your response should always be edited to the simplest terms as well. *(continued)*

SELF-PORTRAIT



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—Kelli Hollaway, 14, Baton Rouge, Louisana

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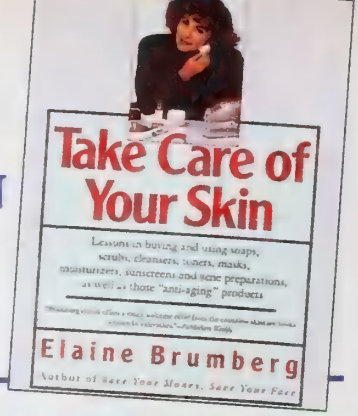
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When the subject is sex

continued

The rule of thumb is to answer questions as they arise; later may as well be next year to young kids. Even if your child pipes up with a question in the department-store elevator, try to give a direct response immediately (you'll never see those people again anyway). Take advantage, too, of the numerous opportunities our blatantly sexual society presents, on television, in books or simply walking in front of a movie theater poster, to introduce or reinforce basic sexual concepts. Be careful, as Dr. Chess warns, not to "bog kids down with a lot of technical information. Answer them according to their developmental level in a simple straightforward manner," she advises. Always use the correct words for body parts, too.

One caveat: Before considering the direct interactions you may have with your kids, bear in mind that you send messages concerning sexuality all the time, even to an infant. Your facial expressions, your tone of voice, the way you react to your baby son's erection or when you change a dirty diaper, all convey definite attitudes.

We asked parents to share some specific problems they've had with children's sexuality. Here, their questions—plus answers provided by the experts.

The situation: "Every time I look at Paul, he has his hand on his penis," says Linda about her four-year-old son. "I've tried to ignore it or to bribe him into stopping, but nothing works. Since his baby brother was born six weeks ago, it has gotten worse."

The response: With the exception of a few religious groups, most people today accept masturbation—which children tend to start doing around age three or four—as perfectly natural. Usually, reminding them that this is a private activity, one they should do in their own room and not in the living room, will be sufficient. Sometimes, however, kids displa seemingly obsessive need to fon themselves anywhere and everywhe This is most apt to happen wh there has been some sort of change disruption in their lives, perhaps start of nursery school or the birth a sibling. Psychologist William Kc notes that while kids masturbate cause it feels good, they also do it comfort themselves. If a child does a great deal, says Koch, "look for situation that's troubling him and dress that." For instance, if you thi a child is upset about a new sibli talk to him about how he feels or re him books on the subject, which w lessen his anxiety.

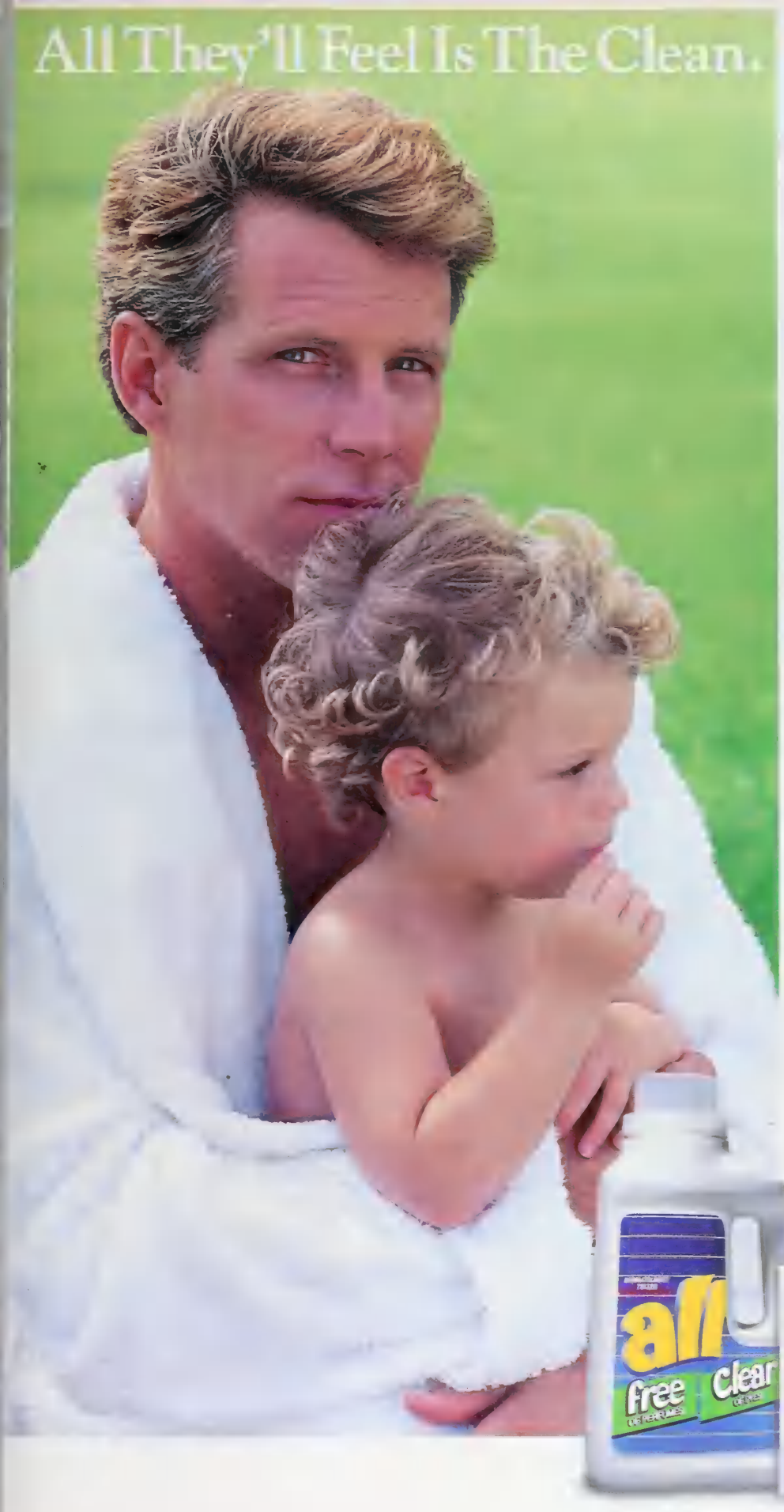
However, if your child is mastu bating excessively and you do know the underlying cause, consic consulting a professional.

The situation: "I can't seem to ke any clothes on my daughter lately says Ginny. Jessie is five and likes run around without clothes wh there are other people in the hou "At this age, I don't think it's right.

The response: "Parents must lo past the action for the message child is attempting to give them. S may, for instance, need more atte tion in general," says Leight. She al suggests finding a quiet time to d cuss the problem. "Don't fright your child, but point out that, as s gets older, the privacy of her body b comes even more important." Inte jecting humor will help. Look f a ridiculous comparison, perha how it would look if you did t weekly marketing naked. "It's ama ing how that kind of outrageous co parison clears things up for kids adds Leight.

The privacy aspect is one th Stella Chess also addresses. "Childr must understand the difference b tween privacy and shame," she note "Explain that their bodies are n shameful, but they are private. C the example of going to the bat room: We don't do that in the stre not because it's shameful to urina but because it is private."

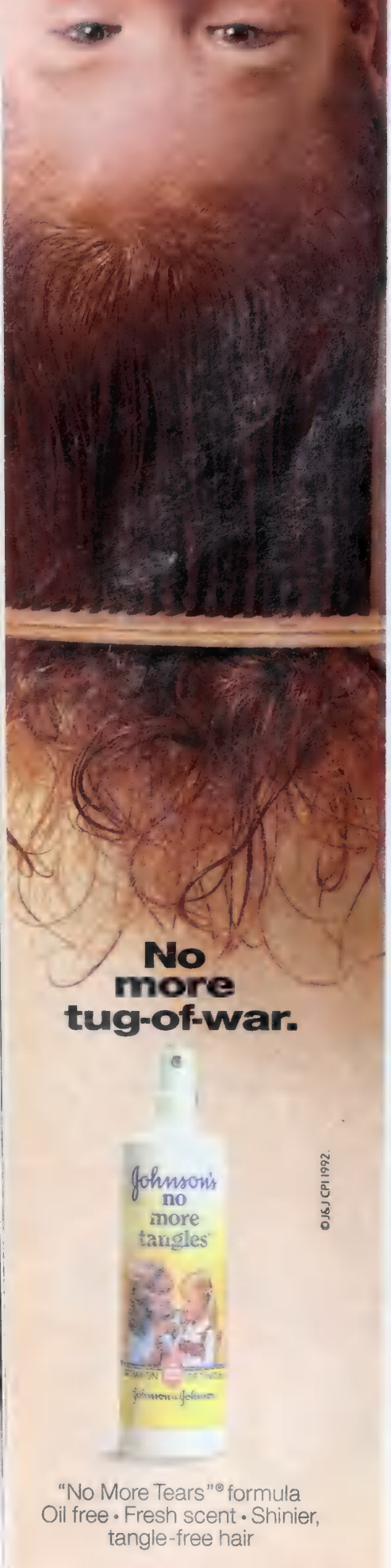
The situation: "It was a *(continue*



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quiet rainy Saturday," reports Sheila, "and my nine-year-old daughter, Jenny, and her best friend were in the bedroom playing with her Barbie dolls. Suddenly, my daughter rushed out of the room and tearfully told me that they had been touching each other's bodies. She said, 'Does this make me gay?' "

The response: Most children indulge in this type of sexual play during the latency years, notes Leight, so tell this to your daughter. Tell her that it's not uncommon for people to explore, so she shouldn't feel ashamed. Then you could say that you know she is getting ready for grown-up experiences—but she's not ready for them yet. "The reason Jenny was so frightened," adds Leight, "is that the play stirred up pleasurable feelings that were hard for her to understand." Still, it's important that she understand and respect how powerful these feelings can be—and that she should not continue to stir them up until she's older. "Explain that it's like learning mathematics," adds Stella Chess. "While she has the ability to do fractions, for instance, she needs more learning and experience to handle calculus."

Parents do worry, however, at what point normal sexual curiosity crosses the line and becomes cause for concern. Most experts agree that if any behavior is excessive—masturbating obsessively to the point of causing irritation—or exploitive—a child who demands sexual participation from another unwilling child—it's time to seek professional guidance.

The situation: "I should have known when the three of them were playing so quietly behind that closed door," recalls Barbara. "My maternal antennae finally went up, and when I went in, there were three five-year-olds with bare bottoms. They told me they were playing doctor."

The response: The first rule in this—as in virtually all child-rearing situations is: Don't overreact. Koch suggests you say, "Oh, I see you're playing doctor. You must have some questions about your bodies. Put your clothes on now, and we'll talk about your questions." (There is no reason for you to acknowledge to kids that the game is fun, he adds. "They already know that.") Then, redirect them to another interest—perhaps something physically active to help discharge their energy—and be sure the bedroom door stays open from then on. Don't attempt to discuss sexual matters with you child's friends; this is *(continued)*

SELF-PORTRAIT



"I've been dancing since I was two—it's my hobby, and I love it. This is me on toe shoes—finally!"

—Jamie Harvey, 12, Houston, Texas

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L O V A B L E

FOR GENERATIONS



When the subject is sex

continued

their parents' right and responsibility, but you should inform them of what happened.

Julia's experience in our opening anecdote is akin to Barbara's, and she might have taken a similar tack: She could have asked her daughter why she thought such play sounded like fun, then quickly noted that she didn't agree.

The situation: "As a favor to my friend who had to work late, I plopped her son into the bath with mine," reports Karen. "They were both four and had often bathed together. Immediately, with shrieks of delight, they started to poke their fingers into each other's bottoms."

The response: Children enjoy investigating their orifices, whether it is their nostrils, ears or anuses. Leight reminds parents to ask matter-of-factly, "What's going on?" You can then bring up the issue of health and safety—always good umbrellas for any nonsexual

conversation about sexuality. T them that while it might feel go to have fingers in there, they c hurt themselves just as they c hurt their eyes if they stick a fing in them. If they respond that doesn't hurt, explain that it cou be harmful.

The situation: "I keep a pile of n old clothes for my seven-year-o daughter to dress up in," confid Margaret. "My son, who is five, h become extremely interested in th game, too. I think it's sort of cute, b it makes my husband crazy."

The response: An important wa kids learn about themselves an the world is through role-playin sometimes with dolls or playin house, sometimes by dressing u "This is healthy, and you should e courage it," advises Leight. She add however, that if cross-dressin becomes a constant in the child's li or if it greatly disturbs the same-se parent, this parent might try intr ducing some pleasurable activities f the two of them to share that a traditionally associated with pursui of that sex.

The situation: "My husband wa stretched out on the sofa when m daughter, who's almost five, cam over and announced in a very sex way that she could help him go t sleep. Then she began rubbing h chest quite seductively. My hus band laughed it off, but it reall flustered him."

The response: During the Oedip stage, girls in particular becom highly provocative and flirtatious t "capture" their daddies. "This scare the hell out of fathers," report Koch, "and many abruptly turn awa from their daughters, which onl leaves the girls terribly hurt and con fused." It's important for fathers t stress instead how much Dadd loves his little girl. "This is one plac that we emphasize little girl," h says. "Don't inhibit her, but don' encourage flirtatious behavior either Eventually she'll grow out of it. Leight also says fathers can use thi chance to suggest a back rub or othe

(continued on page 122

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(continued from page 118) touching, so children learn "to feel good about touching and being touched in an affectionate, nonsexual manner."

The situation: "My son's timing is extraordinary," says Bob about his seven-year-old. "I can't tell you how many times my wife and I have started to make love and he wanders into the room. Sometimes I think he has ESP."

The response: Koch points out that how you respond to this embarrassing moment depends to some degree on the age of the child. To all of them, explain that this is your private time and to please leave the room. "Some younger kids perceive lovemaking as violence, and you'll need to reassure them that it's not. Explain that this is one way mothers and fathers show their love for each other." He also suggests that you get a lock for your door.

The situation: "Recently my ten-year-old son stormed into the house when he was supposed to be playing with his best friend," says Maryann. "He was obviously upset, and he finally told me why: Joey had asked him to fondle his penis. He told Joey he didn't want to be his friend any longer, but he was very shaken by the episode."

The response: While genital display isn't unusual among four-year-olds and is often a response to normal sexual curiosity, this situation is neither normal nor healthy. "The boy is asking for direct sexual stimulation, and that is totally unacceptable," says Koch. (It is not, however, an indication of homosexuality. As Koch explains, we all have a balance of homosexual and heterosexual tendencies without which we could not develop close attachment to same-sex friends or even to a parent of the same sex. During latency, however, the balance shifts to heterosexuality for most people.)

In this case, Maryann should compliment her son on making a sound decision, and she might also suggest that he and the boy can remain friends, as long as he makes it clear that the friendship has its limits.

The situation: "My nine-year-old daughter, Annie, came to me with a perplexed expression on her face. She explained that her friend Sam said he got an erection while he was watching a movie, and she wasn't sure she knew what this meant."

The response: If you've been giving your child information throughout the preschool and early school years, a question such as Annie's doesn't require a full-fledged discussion. It is, however, an excellent time to review information to be sure your child understands the facts.

"Start with open-ended questions," advises Leight, "to first get a sense of her understanding. Latency is also the time to be sure your son or daughter understands the physical changes that define adolescence. Explain that these changes will take place in accord with his or her own biological clock and that this is highly individual. "No child should have to start her periods or have his first nocturnal emission [wet dream] without prior information about the event," Leight stresses. These two life changes generally happen about a year after body maturation—appearance of the first pubic hair, breast buds or enlarging male genitalia—begins.

Unquestionably, the subject of sex for most parents is weighted with emotional layers. It is, however, just as basic a responsibility of parenthood as teaching children safety rules when they cross the street. Remember, too, that sexuality does not operate in a vacuum. Your kids are watching your conduct and learning from your example. If you're happy with your own sexuality, there's a strong chance you'll be successful helping them develop happily with theirs.

SELF-PORTRAIT



"Ever since I was little, I've liked to play soccer and swim, but most of all draw. I try to use my imagination to draw all types of figures."

—Yuri Timg, 17, New York City

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1992 P&G

Toughing it out

Why are some youngsters able to endure great stress while others fall apart at the slightest upset? Can parents steel their children against life's traumas—be they serious ones, such as death, divorce and illness, or the seemingly minor adversities all kids face—failing a final exam, not making the team, being rejected by a first-choice college?

New studies have focused on the concept of resiliency—a child's capacity to bounce back from adversity. While much of the work has been with youngsters in high-stress urban settings—kids who've been exposed to violence, poverty, drug addiction, and so on—the research nevertheless yields important clues.

How to help kids bounce back

"We can't give you a prescription for resiliency," cautions John B. Livingstone, M.D., associate child psychiatrist at Hall-Mercer Center for Children and Adolescents at McLean Hospital, in Belmont, Massachusetts, and assistant clinical professor at Harvard Medical School, "but we can say that a combination of certain factors and experiences is vital."

SELF-PORTRAIT



"This is me, and I've had a hard day. My eyes are red. I'm very smart, but I just didn't feel like coloring in my shoulders."

—Shana Bense, 5, Rydal, Pennsylvania

According to Emory Cowan, Ph.D., a psychology professor at the University of Rochester and head of the Rochester Child Resilience Project, children who have an easygoing, engaging temperament and the ability to reach out to others do seem tougher in the face of stress. However, these characteristics must be bolstered, especially during the early years, with a strong attachment to a primary caregiver—be it a mother, father, grandparent—somebody who makes that child feel loved.

That connection is critical. Adds Livingstone: "We've talked with many people who have survived the most unbelievable stress—the hostages in Lebanon are a good example. When we asked them what helped them through their ordeal, they said they called up memories of people in their lives who had made them feel competent, strong and loved." And that feeling was not dependent on talent or intellect; rather, "it's a child's ability to believe in himself, to keep going and trust that he can make it."

Another hallmark of resiliency, especially for girls, seems to be the ability to seek out novel experiences, to take calculated risks; for boys, the ability to express their feelings, seek solace and cry—all those qualities we don't usually associate with males—can be crucial.

Livingstone believes that parents should concentrate on the following areas to help kids toughen up:

Encourage children to label their feelings. "After loving and nurturing a child, the number-one thing a parent can do is teach kids to voice their feelings without feeling ashamed," says Livingstone. Encourage children to share those feelings with a trusted adult—be it a teacher, uncle or grandparent—who will listen to and respect them.

Give children a sense that things can get better. "Parents naturally try to shield their kids from sadness and disappointment, but that doesn't make them stronger," says Livingstone. "It's more important to show that obstacles can be overcome, that small pleasures can be found even in sadness, than it is to make their lives stress-free." That doesn't mean you should dump all your emotional baggage onto their shoulders. But you can convey, without being burdensome, concern about money, illness, even divorce or separation. "It's healthy to express sadness or pain openly, but if you then still cook dinner, still work and still go on with your life, you teach children an important lesson in resiliency."



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Those lying eyes

Anita Hill and Clarence Thomas . . . baseball player Pete Rose . . . Wall Street insider trader Michael Milken. Whether it's politics, athletics or business, deceit appears to permeate public life and dominate sound bites on the TV news. How can parents teach children to tell the truth when there is so much evidence that lying is better?

"Treat public lies like a modern-day Aesop's fable," advises Paul Ekman, Ph.D., professor of psychology at the University of California Medical School at San Francisco, and author of *Telling Lies* (W.W. Norton, 1992). Ekman believes public lies offer parents an excellent opportunity for moral education. "It's your chance to say, 'What moral lesson do I want to teach?' I don't believe that most of the world lies," argues Ekman. "Lies are news because they're the exception, not the rule. Most of the time, people who lie get caught—and have to pay a terrible price."

Teaching them to tell the truth

SELF-PORTRAIT



"I like looking up at the sky and watching the clouds and the rainbows."

—Gabriella Samoza, 5, New York City

Though experts tell us all children lie from time to time, parents are confused about how to respond. Most also question their child-rearing methods.

Ekman believes one of the problems is that while parents consider honesty to be the most valuable trait a child can have, they rarely talk about it until after they've caught their kids lying; then they act like policemen, either punishing severely or trying to trap their child into revealing the truth. "That only teaches a child to be a better liar," says Ekman. What should you do? Try to figure out their motive for lying—and then show them how they can accomplish their objective without having to lie.

"Ask yourself: Did he lie because I'm such a strict disciplinarian that he was afraid to make a mistake? Did he lie because I'm so laissez-faire he thinks I don't care? Or did he lie because I taught him to?" says Ekman.

Let's say your sixteen-year-old came home after curfew. Instead of lashing out that night ("How could you do that?"), or hinting around the next morning ("So, what time did you get in last night?"), say directly: "I heard you come in one hour after curfew last night; there must have been some reason you broke our family rule. What happened?" If you question children in a way that encourages them to be truthful, you'll be more likely to get the truth.

Parents must examine their own behavior, too. Did you cheat on your income tax last April? Did you tell the cashier at the movie box office that your thirteen-year-old was only twelve so you didn't have to pay full price? Then you've unwittingly shown your child that one way to deal with life's problems is to lie.

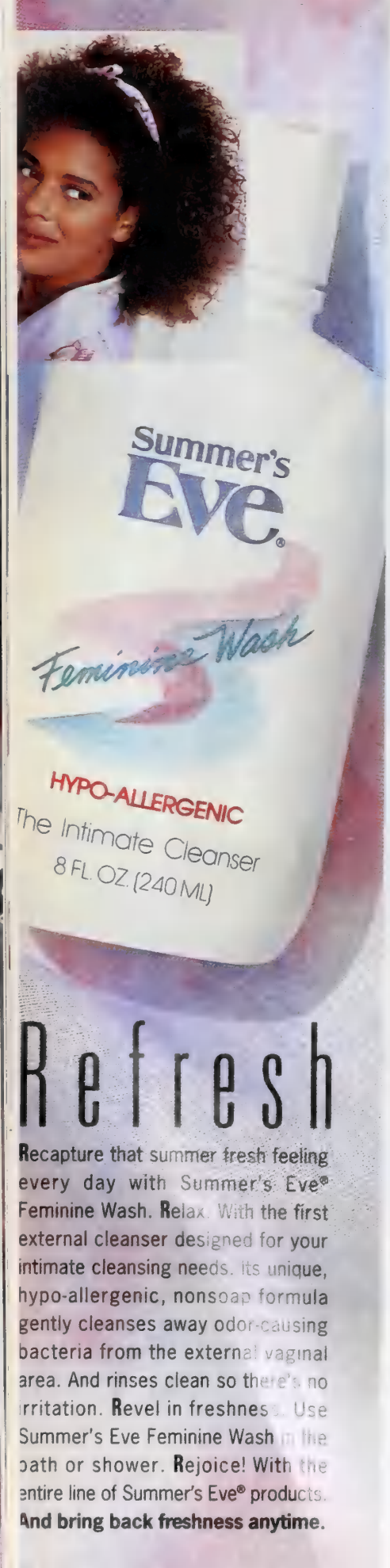
"Most of us lie much more than we think we do," says Ekman, "but if we want honest children, we have to act honestly ourselves. We can't pick and choose what rules we want to break."

Admit your own mistakes, too, and let kids see how you take steps to correct a problem without lying about it.

What about the difference between being tactful and lying—the issue of little white lies. Tell kids it's important not to hurt people's feelings; that's part of being polite and considerate, but it's not necessary to lie. Says Ekman: "You don't have to tell Aunt Susie that you love the sweater she bought you if you hate it, but you can say, 'Thanks for thinking about me.' " Understanding the steps in your child's emotional and psychological development can help put lying into perspective.

(continued)


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Those lying eyes

continued

Here are the most likely reasons kids lie at different ages:

- Preschoolers may lie to test Mommy's boundaries, because they know they aren't supposed to do something or simply because it's great fun to make up tall tales. "While I wouldn't take that kind of lying all that seriously," says Ekman, "acknowledge that you know what they said is pretend."
- Even kindergartners know lying is bad, but they still don't understand it as morally wrong. "Explain—over and over again—how lying affects trust, and how difficult it would be to live in a world where you couldn't count on somebody," says Ekman. Urge them to tell you the truth, even though you may disapprove. "Tell them that even though they may still be punished, you will be very proud of them for telling the truth," he advises.
- Children six to eight lie to avoid punishment as well as to gain another's approval or avoid ridicule: "I finished all my homework" or "I'm the best gymnast on the team." By this age, a child is usually capable of making a conscious choice either to tell the truth or to lie. If she consistently chooses lying, consider seeking professional help.
- Early adolescents and teenagers often lie to boost their social standing as well as to get the freedom and privacy they want. And it is their lies that scare parents the most—with good reason: The stakes are so much higher. Parents must ask themselves, How important is it for me to know the truth? Obviously, if your child is in danger—if you suspect he is taking drugs or stealing—you must find out exactly what's going on. But the wise parent avoids power issues by renegotiating rules and respecting a teen's privacy. "If you're too nosy, they may lie just to get rid of you," adds Ekman.

SELF-PORTRAIT



"I don't think this looks like me, but it represents who I am . . . all the different parts of my life—ballet, soccer, cheerleading. Now that I think about it, it looks an awful lot like my mother."

—Karmael-Elana Holmes, 14, Atlanta, Georgia

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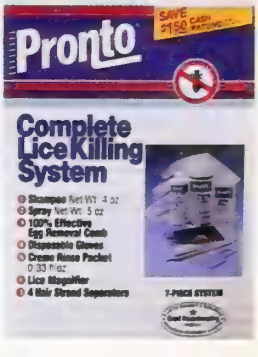
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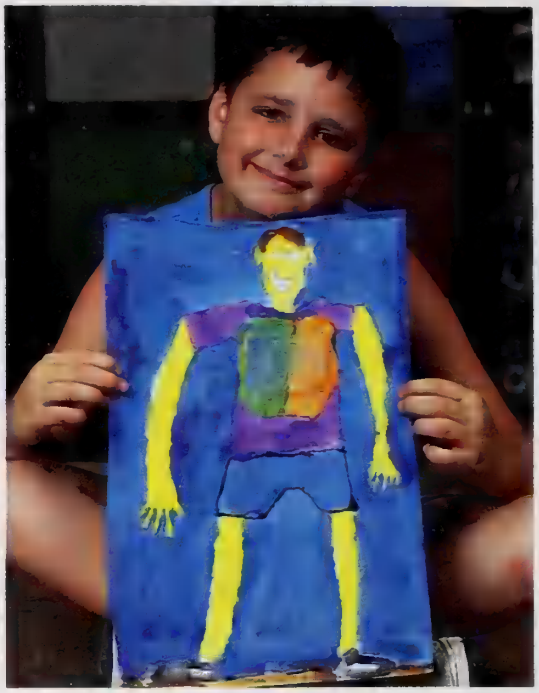
I hate my nose . . . I'm a lousy athlete . . . I can't stand the way I look. Is there a parent of a teenager who hasn't heard these laments? What happened to that self-confident child you used to have around the house?

"Spells of self-doubt, indecisiveness, and obsessing about their appearance are the hallmarks of adolescence," says Laurence Steinberg, Ph.D. The teenage years are also a time of low self-esteem and high vulnerability, notes Robert Brooks, Ph.D., director of child and adolescent psychology and psychoeducation at McLean Hospital, in Belmont, Massachusetts, and assistant professor of psychology at Harvard Medical School, "Even kids who are A-students and very popular are going to have times of stress and unhappiness."

When they don't like what they see

Still, there are ways to mitigate the distress. If your teen moans that she hates the way she looks:

SELF-PORTRAIT



"I'm a fun person, a nice person, and I like to make people laugh. My parents would probably say I'm smart—and a good kid, too."

—Jay Deegan, 11, Arlington, Virginia

Be grateful that she tells you how she feels.
"Many kids never reveal such personal feelings to their parents," says Brooks. "It's their way of saying, 'Can we talk?' "

RESPECT HER FEELINGS AND EMPATHIZE WITH HER.

"I wouldn't rush in and say, 'Don't be ridiculous, we love you just the way you are,' " advises Brooks. "If you minimize their feelings, teens think, Boy, what's the use of ever talking to them about anything?" he adds. "You can say, 'I see how unhappy you are, and I'm glad you came to talk to me about it.' "

Another caveat: Refrain from suggesting that plastic surgery is an option when they get older. "That sounds like you're saying, 'Yes, you're unattractive now, but we'll fix it later.' " Instead, suggest some smaller changes: a new haircut, new makeup or a new outfit.

Think about the messages you send them.

Do you criticize yourself or your spouse for putting on weight? Do you lament, "I can never do anything with my hair, it's so curly!" within earshot of your kids? Think about how often you put yourself down in front of your children and stop. Subtle messages have a way of sticking.

GET THEM THINKING ABOUT AND DOING FOR OTHERS.

"Other-oriented activities give a teen a feeling of usefulness, of being needed, and that boosts confidence in general," says Steinberg.

Put yourself in their shoes.

"I often ask parents who are bewildered by their child's obsession with their looks to think back to some of the silly things they thought were so important when they were growing up," says Brooks. "We tend to have a selective memory and forget we acted very much the same way."

Realize that you can't always make their world perfect.

It's painful to admit there are times when our children aren't happy and there's not much we can do to make it better. "Parents take far too much credit for their kids' success, and far too much blame for their kids' difficulties," says Brooks. "The best advice is to be available and supportive, and tell them often that you love them, even if they pretend not to hear."

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IN CASE OF EMERGENCY,

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HERSHEY'S KISSES.

Ninja turtles or little mermaids?

Why do little girls play with dolls and little boys fashion a gun out of any long object? The latest research on gender reveals what makes us tick. By Lynn Prowitt

Like many mothers, Nancy Gibson, thirty-seven, a government-affairs consultant from Arlington, Virginia, wanted to raise her child in a home free of sex-role stereotypes. When her son Peter became obsessed with Matchbox cars at eight months, she wasn't concerned. After all, he slept with his pink "dolly" every night. But she drew the line at toy weapons. Then, at eighteen months, he began making guns out of Legos to fire at invisible bad guys in the living room. Nancy relented and bought him a squirt gun. "He and his friends make guns out of bananas," she said. "Anything becomes a tool to go 'pkkkkkchoo' with."

Is there a gene for love of moving vehicles? Why would one sex evolve with a preference for frilly clothes? Once again, the big news in research on sex differences confirms something parents have known for a long time: Boys and girls are not born androgynous creatures with differing body parts. Increasingly, researchers are discovering that we are, indeed, quite different. Most recently, neuroscientists have found subtle differences in the structure and functioning of male and female brains.

The study of sex differences is fraught with controversy—scientists battle over everything from research methods to motives and interpretations of results. What's more, for almost every study that supports one theory, there is another that refutes it. The following is a roundup of the latest findings on gender differences in children. One caveat: Researchers emphasize that these studies are not attempts to find areas in which one sex is better than the other; the hope is that learning about differences will enable parents, doctors, school systems and communities to better understand and improve the lives of everyone.

INFANT MILESTONES

Baby girls tend to smile and sit up on their own—milestones sometimes associated with fostering social interaction—sooner than baby boys, according to a study by June Reinisch, Ph.D., director of The Kinsey Institute at Indiana University, and her colleagues. Boys, on the other hand, move more quickly to later milestones associated with independence, such as *(continued)*

SELF-PORTRAIT



"I have lots of brothers and sisters, and here they are. I love school. When I grow up, I want to be a teacher."

—Lydia Henderson, 5, Knoxville, Tennessee



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(continued) standing with support and crawling. "What's even more significant," Reinisch says, "is that girls spend more time in the stage where they are sitting without support, and therefore likely to be interacting, and boys spend a lot more time in the crawling phase. But they both stand up and walk at the same time." Researchers believe parents reinforce the differences the sexes are born with. "Girls are predisposed to being socially interactive, and parents reinforce that because we consider that to be a feminine thing. Our view of boys is that they should be independent . . . and crawl away from Mommy."

MELANCHOLY BABIES

As infants, more girls than boys show sadness in response to a negative event, reveals a 1991 study of two- to six-month-olds. Researchers tied a string to the infants' wrists that, when pulled, activated pleasant pictures and sounds. After the infants caught on—which both sexes did in an average of three minutes—researchers turned the mechanism off so nothing happened when the string was pulled. According to Michael Lewis, Ph.D., director of the Institute for the Study of Child Development, most of the infants showed anger and yanked their strings faster and harder. But about 15 percent, mostly girls, displayed not anger but sadness—and stopped pulling the string altogether. Lewis says this reaction is most likely linked to the different ways males and females confront challenges. "That sadness is really the harbinger of what will eventually be a communicative request for help," he says.

MORE BOYS DISOBEY—BUT GIRLS LIE WHEN THEY DO

In a 1990 study of children two and a half to three years old, Lewis and his colleagues looked at sex differences in the tendency to lie. Each child was placed in a room with an adult, while researchers videotaped the scene from behind a one-way mirror. After unwrapping a game behind the child's back, the adult left the room for five minutes, telling the child not to peek at the gift. When the adult came back, he asked the child if he or she had peeked. Lewis said the majority of the children turned and looked at the game when the adult was out of the room, but girls were better able to resist the temptation than boys were. However, of those who did peek, girls were more likely to say they hadn't.

WHAT A SHAME

In a 1989 study of eighteen- to twenty-four-month-olds, Lewis and his colleagues found that when complimented, girls showed more embarrassment than boys, which means they are more likely to be self-conscious at this age. In a later study of three-year-olds (the approximate age at which feelings of shame and pride emerge in both sexes), males displayed more pride in their accomplishments than females did. "Males assume they are responsible for their success [and so feel pride] whereas females seem to believe it's luck that caused their success," says Lewis, author of *Shame: The Exposed Self* (Free Press, 1992). On the other hand, he adds, females feel more responsible for their failures, while males more often blame their failures on chance.

SELF-PORTRAIT



"See, I'm laughing in my picture. I like to laugh a lot."

—Ricardo Barbosa, 4½, Chicago

CAN BOYS BE AS NURTURING AS GIRLS?

Until the age of four or five, boys and girls show the same amount of interest in babies and, though boys lose interest soon after, they're just as nurturing in other ways as girls, notes Gail Melson, Ph.D., a professor of child development at Purdue University, and colleagues. In one study, researchers found that males and females begin to differ in their response to babies and in their interest in taking care of them by age four or five. "About the time when sex-role identification emerges as important for children, we begin to see boys and girls differ in their interest and responsiveness in caring for babies," says Melson. In another study, however, when the infant's mother encouraged the child to interact with the baby, the sexes showed equal interest, *(continued)*

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sex notwithstanding. Older boys showed less overall interest in babies than girls, but there are no sex differences in the amount of time spent on other kinds of nurturing, such as caring for a pet or an elderly relative.

THE DECLINE OF SELF-ESTEEM

A nationwide survey, commissioned by the American Association of University Women (AAUW) and released last year, found that 60 percent of elementary school girls and 67 percent of elementary school boys reported being "happy the way I am." But among high school students, the results showed a disturbing disparity between the sexes: Forty-six percent of high school boys were happy with themselves, while only 29 percent of the girls were. The most common explanation: Something in the socialization process leads girls to be more critical and negative in their self-evaluations. While researchers are still not sure if biological differences affect self-esteem, it's clear that environmental influences directly impact on girls' evaluations of their physical attractiveness. "Societal expectations for ideal feminine beauty are pretty hard to meet," says Elissa Koff, Ph.D., a professor of psychology at Wellesley College.

ADOLESCENTS AND SUICIDE

Adolescent girls are four to five times more likely than boys to attempt suicide, but boys choose more lethal methods and are more likely to succeed. A survey of eighth and tenth graders found that girls are twice as likely to report feeling sad and hopeless. This is consistent with numerous studies that show females have higher rates of depression in adolescence *(continued)*



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Ninja turtles or little mermaids?
continued

and adulthood (from the AAUW report "How Schools Shortchange Girls").

HOW KIDS HANDLE YOUR DIVORCE

In the year before their parents divorce, girls show psychological distress, while boys are more likely to distance themselves from the family, according to a recent study of adolescents around the age of fifteen that measured psychological well-being both before and after their parents divorced. The girls' level of distress remained constant after the divorce, but the boys' increased significantly. "We think girls are more interpersonally attuned," says William J. Doherty, Ph.D., a professor of family social science and a family therapist at the University of Minnesota. "When there's interpersonal tension, such as before a separation, girls are more likely to move toward it, to see if they can do anything about it." On the other hand, boys often go out with their friends more, he says. In one of Doherty's cases in which the parents were about to separate, he says, "The daughter was reluctant to go out with her friends in case she was needed at home." Girls also tend to have more difficulty with remarriage, he says. "They're more likely to become their mother's friend and confidante [than boys are]. After a remarriage, they lose that."

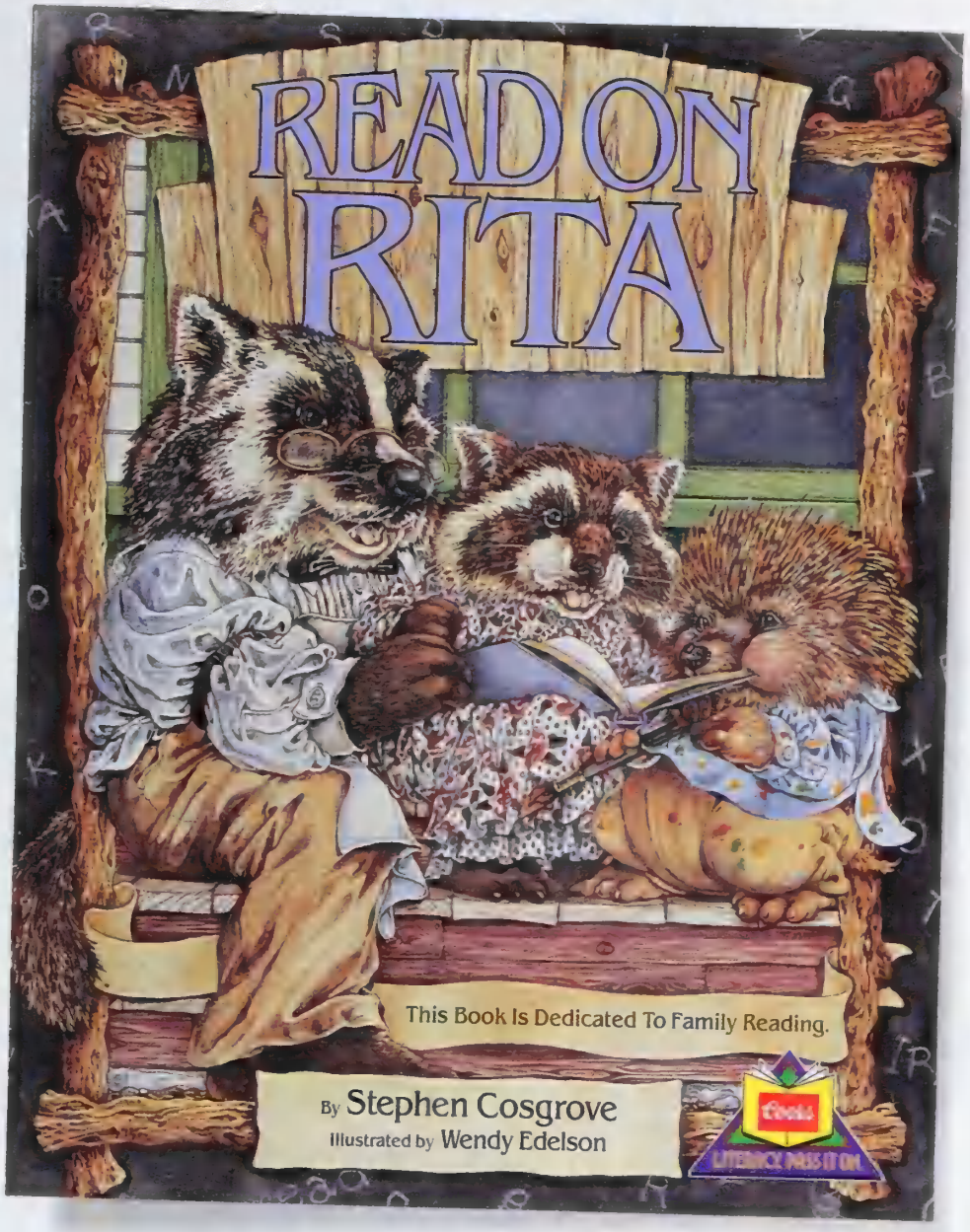
SPEAKING UP

Numerous studies have shown that girls on average begin with the edge in most language skills—they speak earlier than boys do, are more verbally precocious and, throughout their lives, have a much lower incidence of overall language problems. "Some think it's because females have language more broadly represented in their brains," says Jean Berko Gleason, Ph.D., a professor of psychology at Boston University. Research has shown that brain lesions result in different patterns of language loss in males and females, with males often suffering greater debilitation. (The same lesions from an accident or stroke that cause complete loss of speech in some males can have much smaller effects on females.)

THE FLIP SIDE OF DYSLEXIA

The ratio of boys to girls with some form of dyslexia may be as high as four to one, according to Priscilla L. Vail, a learning specialist in Bedford, New York, and author of *Smart Kids with School Problems: Things to Know and Ways to Help* (New American Library/Plume, 1989). One theory is that during the first trimester of prenatal growth, males have a greater tendency than females to develop more brain symmetry than is usual. This symmetry predisposes a child to have potential talent *(continued)*

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(continued) in the "three-dimensional realm," Vail says, which includes math, engineering, science, medicine, architecture, the arts, athletics and interpersonal skills. And, she says, this power frequently comes hand in hand with being at risk or "dyslexic" in the two-dimensional realm, which includes reading, writing, spelling and pencil-and-paper arithmetic. "It's not damage, and it's not disease," Vail says. "It's just difference."

IT ALL ADDS UP

Contrary to popular wisdom, boys are not necessarily better at math and girls better at language, says Janet Hyde, Ph.D., a professor of psychology and women's studies at the University of Wisconsin. Though girls may speak earlier and more articulately than boys and boys prevail in certain spatial tasks, Hyde and her colleagues found almost no gender differences in either math or verbal ability as kids get older. In fact, looking only at the studies of the general population, girls had a slight advantage over boys in math. "I really think we've been sold a bill of goods on math anxiety," Hyde says. "If girls are so anxious, why do they do so well?"

BRAIN POWER

It may be possible to alter the structure of our brains simply by changing the environment in which we learn. A study by Janice Juraska, of the University of Illinois at Urbana-Champaign, found that male rats had more nerve connections in an area of the brain associated with spatial relations and memory. But when she put an array of different objects in their cages every day, the females actually developed more of these connections. "We have stereotypes about what males and females are good at," Juraska says, "but we don't know what would happen if the environments were very different. We have a particular school environment right now; if we had, say, a different way of teaching students, it could result in a different set of sex differences."

SELF-PORTRAIT



"I love to run around outside, playing Batman. My best friend Martha and me pretend a lot."

—Christopher Watkins, 5, Knoxville, Tennessee

So what about Nancy's son Peter? Are boys genetically programmed to like weapons and moving vehicles, or has he been subtly influenced by society's messages about sex roles? The answer seems to be both and neither. While researchers agree that sex differences are caused by the interaction of nature and nurture, many also consider it futile to even try to separate the two. Notes Carol Jacklin, Ph.D., professor of psychology at the University of Southern California and a leader in the field of gender differences, "The same hormones have some opposite effects in boys and girls . . . and interactions with the environment change your hormone levels, which is why all of this is extremely complex." But infinitely valuable, since learning more about them may be the best way we can better the lives of our children. ■



PARENT'S DIGEST

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The very latest in health today. By Joan Lippert

The most versatile drug today?



Tamoxifen, which may prevent breast-cancer recurrence, also seems to reduce the spinal bone loss that is common after menopause, according to a recent study at the University of Wisconsin Comprehensive Cancer Center, in Madison.

Researchers discovered that the spine density of a group of postmenopausal women taking the drug increased by over half of 1 percent a year, while in those taking a placebo it decreased by 1 percent a year. Since tamoxifen blocks the action of bone-preserving estrogen, these results were surprising. "We found that bone cells seem to respond to tamoxifen as they would to estrogen," says study author Richard R. Love, M.D. Another bonus: Earlier research by the Wisconsin team showed that the drug lowers cholesterol levels.

Despite all these glowing reports, doctors warn that tamoxifen does have unwanted side effects, including hot flashes and vaginal irritation. Also, some research has shown that it may raise the risk of blood clots and uterine cancer.

Scientists at the National Cancer Institute (NCI) are now organizing a clinical trial to find out if long-term tamoxifen therapy can protect women at high risk for breast cancer from developing the disease, and to investigate other effects of the drug. Women between thirty-five and sixty with multiple risk factors for breast cancer and all women over sixty are eligible to participate. For more information, contact the NCI's Cancer Information Service at 800-422-6237.

More precise cancer diagnosis

A new test may change treatment and even extend survival for many of the 51,000 women and men diagnosed with bladder cancer each year.

Researchers at the Baylor College of Medicine, Center for Biotechnology, in The Woodlands, Texas, have found that by analyzing tumor cells, they can detect the status of a tumor-suppressor gene known as retinoblastoma (RB). If the gene is not working properly, the cancer will grow faster and require more aggressive treatment. In one study at Memorial Sloan-Kettering Cancer Center, in New York City, bladder-cancer patients with the malfunctioning RB gene survived only one year, while those with a normal gene lived an average of eight years.

Since abnormal RB genes may also be linked to cancers of the eye, prostate, breast, lung and blood, the cell test, which could be available as early as this fall, promises to be an important tool for the diagnosis and treatment of these diseases as well. In the future, doctors may be able to save millions of lives by inserting normal RB genes into people who don't have them.

Antidepressant for an eating disorder

Bulimia is often treated with a combination of psychotherapy and antidepressants, but these medications can have severe side effects, including weight gain and lethargy. According to a recent investigation conducted at thirteen medical centers, the drug Prozac, now used by millions to treat depression, may also be a more effective choice for some women locked in the binge-and-purge cycle.

The eight-week study of 387 women found that those who took 60 milligrams of Prozac per day binged and purged 50 percent less than those who took a placebo. The drug also reduced depression and carbohydrate cravings and resulted in a small weight loss. Side effects such as insomnia and nausea were mild for most of the participants.

Researchers speculate that antidepressants help control bulimia and depression because both disorders may stem from a deficiency of the brain chemical serotonin. Further, notes B. Timothy Walsh, M.D., a professor of clinical psychiatry at Columbia University: "Since many bulimics also suffer from depression, antidepressants may work by helping people to feel better, thus enabling them to control their behavior."

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How women are changing medicine

As women transform American medicine, learn how you will be touched by this revolution. Plus: tips from women doctors on getting the best health care

BY ANN MARIE CUNNINGHAM

When her patients tell Rosa Marroquin, M.D., that they're exhausted, she doesn't dismiss them as complainers and reach for the prescription pad, the way some male physicians might. Indeed, Marroquin, a family practitioner, knows all too well that many of her patients are balancing jobs, family responsibilities and social obligations: Her two-year-old son, Adam, certainly keeps *her* hopping between the hours she's on call. So instead of dosing her patients with pick-me-up drugs, Marroquin looks at the real problem—too many demands in too short a day—and discusses ways to change the situation. "I tell them, 'I can't give you a pill or an easy answer. I need your help to make you well.' "



PHYSICIANS LIKE ROSA MARROQUIN, OF MINNEAPOLIS, ARE HELPING TO REFOCUS THE HEALTH-CARE SYSTEM TO BETTER SERVE THE NEEDS OF WOMEN



It's advice Marroquin, thirty-five, has followed herself. To practice medicine and participate fully in her son's upbringing, she shares a job at a Minneapolis clinic with her husband, Mark DePaolis, who's also a physician. Each works three days a week, and each has sole responsibility for their son when not working. A next-door neighbor, with two sons of her own, takes care of Adam on the one day they are both at the clinic.

Marroquin is among the vanguard of women physicians, researchers and patient activists who are having a dramatic impact in refocusing the health-care system to better serve women's needs. Indeed, women have never been such a presence in medicine as they are today:

- In 1970, about 8 percent of all American medical-school graduates were women; today, more than one third are. That number will rise substantially by the year 2000, when nearly 40 percent of all medical students will be women.
- After years of neglect in medical research, when they were *(continued on page 150)*


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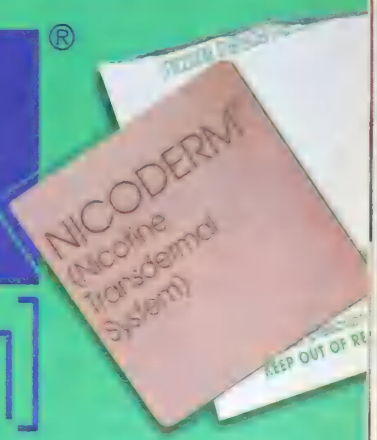
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Women in medicine

continued from page 146

routinely omitted from drug trials, women are now both heading research projects and being included in clinical trials.

● In 1990, a woman, Antonia Novello, M.D., was appointed to the highly visible post of Surgeon General.

● In the spring of 1991, a woman, Bernadine P. Healy, M.D., was appointed director of the National Institutes of Health (NIH), the federal agency that oversees much of the medical research in this country.

● The bipartisan Congressional Caucus on Women's Issues is promoting a range of female-oriented health proposals in Congress.

● And at the same time, women themselves have become better informed about and politically active in their own treatment. For example, in 1991, eight breast-cancer patient organizations formed the Breast Cancer Coalition to lobby on behalf of the estimated one hundred eighty thousand women who will be stricken with the disease this year.

Feminizing the old-boy medical network

While it was not until the 1990s that women appeared on all fronts of health care, progress began back in the sixties, when the feminist movement made women acutely aware of their bodies and their unique medical needs. Well-publicized issues, such as the side effects of the Pill, the dangers of some IUDs and the rising incidence of breast cancer, underscored the importance of being an informed medical consumer, not merely a bystander in one's own health care.

Also, as career barriers crumbled, more and more women enrolled in medical school. Today, they make a significant difference to many patients. According to a recent survey, women doctors usually spend more time with patients and interrupt them less often when they speak. Steven Martin, a physician at the Albert Einstein College of Medicine, in New York City, and a coauthor of the report, says that while all patients generally prefer physicians of their own sex, "it seems to be more important to women to see women M.D.s."

By and large, women physicians are specializing in areas where the doctor/patient bond is critical, such as internal medicine, pediatrics, family practice, psychiatry and obstetrics/gynecology. But many factors other than women's nurturing characteristics influence these choices. One is the ticking biological clock and the constraints of fulfilling traditional female tasks. Women doctors who plan to have children often avoid higher-paying, more prestigious fields, such as surgery, that demand more of their time. But as family roles continue to evolve, this too will gradually change.

How health care favors men

Historically, the safety and effectiveness of most therapies were based on research projects using only men. Scientists have justified excluding women from clinical trials by saying that women's menstrual cycles can alter test results and that experimental drugs or procedures might damage their reproductive systems. Perhaps. But men and women metabolize drugs differently, so this omission leaves unanswered a host of questions regarding the medical treatment of women: Often, years pass before there are any definitive answers.

For instance, in 1988 a major Harvard study showed that aspirin can lower the risk of having a heart attack, the leading killer of both men *and* women. But because the research included only men, no one really knew whether aspirin was equally beneficial for women. The question is still only partially answered. In 1991, researchers at Harvard Medical School and Brigham and Women's Hospital announced that observational studies indicated aspirin also appears to reduce the risk of heart attack in women. Conclusive proof resulting from a tightly controlled clinical trial, however, won't be available for many years.

According to a recent report in the *Journal of the American Medical Association*, women also suffer discrimination in the diagnosis and treatment of some critical health problems. The report found that gender disparities exist in access to kidney transplantation, diagnosis of lung cancer and diagnosis and treatment of cardiac disease. Furthermore, even when tests indicate heart abnormalities, women are more than twice as likely as men to have their symptoms attributed to emotional, psychiatric or other noncardiac causes.

A new focus

All this is about to change. When Healy took over at NIH, she announced "the most definitive, far-reaching study of women's health ever undertaken." The Women's Health Initiative will investigate the leading causes of death and disability among American women: cancer, cardiovascular disease and osteoporosis. Other NIH-funded women's studies:

● The Postmenopausal Estrogen-Progestin Interventions trial will observe the impact of hormone-replacement therapy. ● The Breast Cancer Prevention Trial will gauge the ability of the drug tamoxifen to prevent breast cancer and to lower the rate of heart attack and bone fractures (see Medinews "The most versatile drug today?" page 144).

● Harvard researchers will explore the effectiveness of aspirin in reducing heart attacks among women. They'll also test the cancer-cutting potential of beta carotene and vitamin E. *(continued on page 154)*

How to get great health care

Top women doctors agree: A patient who takes an active role in treatment stands a better chance of getting excellent health care. These pointers will help you play your part.

If you don't have a family or long-term-care physician, get one now, before a crisis occurs. "Word of mouth is the best recommendation, or you can call your county medical society for a list of qualified, board-certified doctors," says Frances K. Conley, M.D., professor of neurosurgery at Stanford University School of Medicine, who led a much-publicized fight against sexism at the school. "Unlike medical reference books, which quickly become dated, the society will know if a physician has been stripped of her or his license."

Then, says Nanette Wenger, M.D., professor of cardiology at Emory University in Atlanta, "Be sure you're comfortable with the doctor's office practices and philosophy of care. Ask about the doctor's hospital affiliation and who covers when the physician isn't available. Many patients today are also interested in knowing a doctor's views on preventive health measures and living wills."

A compatible personality is another consideration. "You need a physician you trust and respect, who also respects you," says Conley. In addition, it's important to get every bit of information you can about the tests being taken, how a diagnosis is made, drug side effects, surgery, etc.

To facilitate this, bring in a list of questions. Then, repeat the physician's replies to make sure you understand them, or take notes. Says Lois Anne Katz, M.D., associate professor of clinical medicine at NYU School of Medicine, "You may be so anxious you don't hear the doctor properly. If necessary, schedule a separate appointment just to talk, and bring a friend or relative for support."

Also, read up on your illness and network with other patients. Social workers, physicians, and national organizations such as the American Heart Association can recommend self-help groups. If you uncover a new procedure, "ask your doctor about it," Katz says. And if you don't see progress, ask about getting a second opinion. Advises Conley, "If the doctor balks, get rid of him or her."

When specialists advise different treatments, Katz says, "Weigh the risks and benefits. Decide what you're comfortable with and pick the physician you trust the most." And remember, Wenger cautions, "It's experience, not age, that counts. Often, the youngest doctor has the best knowledge of a new procedure."

Finally, don't lose heart. Keep trying to find the best possible physician, says Katz. "Sometimes after one doctor gives up, another takes a fresh look and solves the problem."

—ELLIE GROSSMAN

ADVERTISEMENT

WOMEN'S HEALTH NEWS

Monistat® 7 is now available with new disposable applicators.

Pick four women. Your best friend. Your realtor. Your boss. Joan of Arc. Statistics say that three out of four of them have suffered from a feminine yeast infection. Chances are, you have too.

What causes it? Some blame stress, even good stress. A pregnancy, a promotion, a move to a bigger, better house. Others point a finger at the very activities one does to maintain a healthy body. Aerobics in a skin-tight leotard. Lingering in a wet bathing suit after a vigorous swim. What is known for sure is that there is an overgrowth of naturally occurring fungi in the vagina. This imbalance results in the itching, burning and discharge commonly associated with yeast infections.

DISPOSABLE APPLICATORS TO THE RESCUE

The good news is that yeast infections are now a lot more convenient to cure. Monistat 7 now comes with seven ultra-slim disposable applicators. This eliminates the need for washing the applicator after each use.

Use only as directed. ©OPC 1992



"The more I swam, the more I suffered."

Listen to one woman's story:

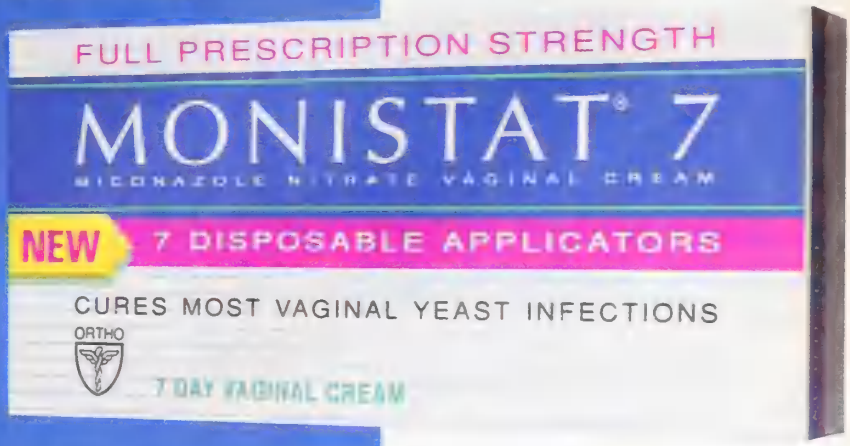
"They say swimming is the perfect exercise. But my yeast infections seemed to worsen with every lap. The problem wasn't in the water, but out of it. I was hanging around in a wet bathing suit for too long. I dried off and used Monistat 7. It worked swimmingly."

HOW DO I KNOW IF IT'S A YEAST INFECTION?

If you have to ask, see your doctor. But if it's your second, third, or tenth yeast infection, no doubt you'll be able to recognize the symptoms. Either way, you'll probably need an antifungal cure.

TRUST THE CURE YOU KNOW

- **More doctors recommend Monistat 7.**
- **More women choose Monistat 7 for themselves.**
- **More yeast infections are cured by Monistat 7 than any other treatment.**



Menopause is the rea on Premarin®. Ask your a reason

(conjugated estrogens tablets)

The symptoms of menopause are very real: hot flashes, vaginal dryness and night sweats which may cause sleep disturbances.

For millions of women, these symptoms are effectively treated with estrogen replacement therapy.

And, the same treatment that relieves the symptoms of menopause can also help prevent osteoporosis (brittle bones), a disease that develops in about one of every four women over 50.

THE CONNECTION BETWEEN MENOPAUSE AND OSTEOPOROSIS.

After menopause, your body produces very little estrogen. Without estrogen, your bones can become fragile, more likely to break.

In fact, half of the bone mass women lose is lost in the first seven years after menopause begins. What's more, bone loss is irreversible. But even if some bone loss has occurred, estrogen can help prevent further loss. So it's important to ask your doctor if you're at risk of developing brittle bones.

HOW WOULD YOU ANSWER THESE IMPORTANT QUESTIONS?

Of course, some women are at greater risk for osteoporosis than others. This brief test will help determine your personal risk factor.

The more times you answer "yes," the greater your risk of developing osteoporosis.

RISK FACTOR TEST

QUESTION	YES	NO
1. Do you have a small, thin frame or are you Caucasian or Asian?	☐	☐
2. Do you have a family history of osteoporosis?	☐	☐
3. Are you a postmenopausal woman?	☐	☐
4. Have you had a hysterectomy?	☐	☐
5. Have you been taking thyroid medication or cortisone-like drugs for asthma, arthritis, or cancer?	☐	☐
6. Is your diet low in dairy products and other sources of calcium?	☐	☐
7. Are you physically inactive?	☐	☐
8. Do you now or have you ever smoked?	☐	☐

Clip out and take to your doctor.

ASK YOUR DOCTOR IF ESTROGEN THERAPY IS RIGHT FOR YOU.

Regular weight bearing exercise and calciun are important for everyone. However, for women at risk of osteoporosis, they may not be enough. Estrogen, as part of a total treatment program including diet and exercise, can be a effective way to help prevent osteoporosis. The estrogen doctors prescribe most is Premarin®. Premarin has been shown to reduce hip and forearm fractures by approximately 60%...so ask your doctor if it's right for you.

on most women start doctor if osteoporosis is o stay on it.

HE SIDE EFFECTS OF ESTROGEN HOULD BE CONSIDERED.

As with all drugs, there can be side effects ith estrogen. One is the possibility of developing cancer of the uterus. Be sure to discuss is with your doctor. If you've had a hysterctomy, you don't have this risk.

When you ask your doctor whether you're at sk for osteoporosis, it's also nportant to inform him r her about all issues elating to your ersonal health nd family ealth history. his history



should include instances of cancer of the breast or uterus, unusual vaginal bleeding, abnormal blood clotting, or heart disease.

While women entering menopause are not likely to become pregnant, estrogens should not be used during pregnancy because of possible risk to the fetus.

SYMPTOMS OF MENOPAUSE WILL PASS. THE RISK OF OSTEOPOROSIS WON'T.

If you're one of the women at risk for osteoporosis, you need to find out about it. Your doctor may recommend estrogen replacement therapy. Premarin® is the most widely studied estrogen and the one doctors prescribe most. In fact, more than 7 million women in the U.S. alone rely on Premarin for the treatment of symptoms of menopause or as part of a program to help prevent osteoporosis.



PREMARIN®
(conjugated estrogens tablets)

The appearance of this 0.625 mg tablet is a trademark of Wyeth-Ayerst Laboratories.

Please be sure to read the important information on the following page.

Women in medicine

continued from page 150

● The Women's Aging Study at Johns Hopkins University is following the incidence and severity of twenty major disorders in women sixty-five or older.

Not so patient anymore

Female patients themselves are changing medicine with their demands for better treatment and more research. Beverly Zakarian, who was diagnosed with advanced ovarian cancer in 1985, called all over the country to find a doctor who would give her an experimental treatment—carboplatin—after she had an adverse reaction to the only approved drug then available, cisplatin. Most doctors rejected her for the clinical trials because she had already taken cisplatin. However, that same year, on a "compassionate release" basis, Zakarian received carboplatin, which is no longer considered experimental, and she went into remission.

In 1990, she co-founded CAN ACT, a group that lobbies insurance companies to cover cancer treatments they continue to call experimental long after their efficacy has been proven, and to give cancer patients quicker access to new drugs. Currently, CAN ACT is pressuring the Food and Drug Administration to lift its ban on RU-486, the French abortion pill, because it may also prevent breast cancer.

Elsewhere, cancer-awareness programs are teaching women to take charge of their own medical concerns. As a result, many of them become vocal advocates for improved care and a bigger slice of the research pie, notes Tika Beard, who runs a breast-canc education program at Holy Cross Hospita in Salt Lake City.

A start has been made. After centuries being patronized, overmedicated or ignore women can be hopeful: An impressive st has been taken to transform their heal care. But to guarantee the movement's su cess, participation by both male *and* fema health professionals is essential. Says Heal "We must train all medical students to u derstand the biological differences betwe the sexes, to take the time to listen to the patients, to respect their concerns and an eties, and most of all—as so many wom have consistently written to me—to tal them seriously."

New Yorker Ann Marie Cunningham wri regularly about women's issues.

BRIEF SUMMARY OF PRESCRIBING INFORMATION FOR THE PATIENT

PREMARIN® Brand of conjugated estrogens tablets

This Summary describes when and how to use estrogens and the risks of estrogen treatment.

ESTROGEN DRUGS

Estrogens have several important uses but also some risks. You must decide, with your doctor, whether the risks of estrogens are acceptable in view of their benefits. If you decide to start taking estrogens, check with your doctor to make sure you are using the lowest possible effective dose. The length of treatment with estrogens will depend upon the reason for use. This should also be discussed with your doctor.

USES OF ESTROGEN

To reduce menopausal symptoms. Estrogens are hormones produced by the ovaries. The decrease in the amount of estrogen that occurs in all women, usually between ages 45 and 55, causes the menopause. Sometimes the ovaries are removed by an operation, causing "surgical menopause." When the amount of estrogen begins to decrease, some women develop very uncomfortable symptoms, such as feelings of warmth in the face, neck, and chest or sudden intense episodes of heat and sweating ("hot flashes"). The use of drugs containing estrogens can help the body adjust to lower estrogen levels.

Most women have none or only mild menopausal symptoms and do not need estrogens. Other women may need estrogens for a few months while their bodies adjust to lower estrogen levels. The majority of women do not need estrogen replacement for longer than six months for these symptoms.

To prevent brittle bones. After age 40, and especially after menopause, some women develop osteoporosis. This is a thinning of the bones that makes them weaker and more likely to break, often leading to fractures of vertebrae, hip, and wrist bones. Taking estrogens after the menopause slows down bone loss and may prevent bones from breaking. Eating foods that are high in calcium (such as milk products) or taking calcium supplements (1,000 to 1,500 milligrams per day) and certain types of exercise may also help prevent osteoporosis.

Since estrogen use is associated with some risk, its use in the prevention of osteoporosis should be confined to women who appear to be susceptible to this condition. The following characteristics are often present in women who are likely to develop osteoporosis: white race, thinness, and cigarette smoking.

Women who had their menopause by the surgical removal of their ovaries at a relatively young age are good candidates for estrogen replacement therapy to prevent osteoporosis.

To treat certain types of abnormal uterine bleeding due to hormonal imbalance.

To treat atrophic vaginitis (itching, burning, dryness in or around the vagina) *and atrophic urethritis* (which may cause difficulty or burning on urination).

To treat certain cancers.

WHEN ESTROGENS SHOULD NOT BE USED

Estrogens should not be used:

During pregnancy. Although the possibility is fairly small, there is a greater risk of having a child born with a birth defect if you take estrogens during pregnancy. A male child may have an increased risk of developing abnormalities of the urinary system and sex organs. A female child may have an increased risk of developing cancer of the vagina or cervix in her teens or twenties. Estrogen is not effective in preventing miscarriage (abortion).

If you are breast feeding. Many drugs are excreted in human milk and can be passed on to your baby. Therefore, estrogen therapy should be used only when your doctor decides it is clearly necessary.

If you have had any heart or circulation problems. Estrogen therapy should be used only after consultation with your physician and only in recommended doses. Patients with a tendency for abnormal blood clotting should avoid estrogen use. This includes patients who currently have clots in the leg (thrombophlebitis), or any other part of the body (thromboembolic disorder). (See below.)

If you have had undiagnosed vaginal bleeding. If you have ever had abnormal bleeding from the vagina estrogens should not be used unless you have talked to your physician about this problem.

If you have had cancer. Since estrogens increase the risk of certain cancers, you should not take estrogens if you have ever had cancer of the breast or uterus. In certain situations, your doctor may choose to use estrogen in the treatment of breast cancer.

When they are ineffective. Sometimes women experience nervous symptoms or depression during menopause. There is no evidence that estrogens are effective for such symptoms. You may have heard that taking estrogens for long periods (years) after menopause will keep your skin soft and supple and keep you feeling young. There is no evidence that this is so and such long-term treatment may carry serious risks.

DANGERS OF ESTROGENS

Cancer of the uterus. The risk of cancer of the uterus increases the longer estrogens are used and when larger doses are taken. One study showed that when estrogens are discontinued, this increased risk of cancer seems to fall off quickly. In another study, the persistence of risk was demonstrated for 10 years after stopping estrogen treatment. Because of this risk, *it is important to take the lowest effective dose of estrogen and to take it only as long as you need it.* There is a higher risk of cancer of the uterus if you are overweight, diabetic, or have high blood pressure.

If you have had your uterus removed (total hysterectomy), there is no danger of developing cancer of the uterus. If you have your uterus, please refer to the section titled "**OTHER INFORMATION.**"

Cancer of the breast. The majority of studies have shown no association with the usual doses used for estrogen replacement therapy and breast cancer. Some studies have suggested a possible increased incidence of breast cancer in those women taking estrogens for prolonged periods of time and especially if higher doses are used.

Regular breast examinations by a health professional and self-examination are recommended for women receiving estrogen therapy, as they are for all women.

Gallbladder disease. Women who use estrogens after menopause are more likely to develop gallbladder disease needing surgery than women who do not use estrogens.

Abnormal blood clotting. Taking estrogens may increase the risk of blood clots. These clots can cause a stroke, heart attack or pulmonary embolus, any of which may be fatal.

Heart disease. Large doses of estrogen in men have been shown to increase the risk of certain heart diseases. This may not necessarily be true in women. In order to avoid the theoretical risk of high doses, the dose of estrogen you take should not exceed the dose recommended by your doctor.

Excess calcium in the blood. Taking estrogens may lead to severe hypercalcemia in women with breast and/or bone cancer.

SIDE EFFECTS

In addition to the risks listed above, the following side effects have been reported with estrogen use:

- Nausea, vomiting; pain, cramps, swelling, or tenderness in the abdomen.
- Yellowing of the skin and/or whites of the eyes.
- Breast tenderness or enlargement.
- Enlargement of benign tumors of the uterus.
- Breakthrough bleeding or spotting.
- Change in amount of cervical secretion.
- Vaginal yeast infections.
- Retention of excess fluid. This may make some conditions worsen, such as asthma, epilepsy, migraine, heart disease, or kidney disease.
- A spotty darkening of the skin, particularly on the face; reddening of the skin; skin rashes.
- Worsening of porphyria.
- Headache, migraines, dizziness, faintness, or changes in vision (including intolerance to contact lenses).
- Mental depression.
- Involuntary muscle spasms.
- Hair loss or abnormal hairiness.
- Increase or decrease in weight.
- Changes in sex drive.
- Possible changes in blood sugar.

REDUCING RISK OF ESTROGEN USE

If you decide to take estrogens, you can reduce your risks by carefully monitoring your treatment.

See your doctor regularly. While you are taking estrogens, it is important that you visit your doctor at least once a year for a physical examination. Special attention should be given to blood pressure, breasts, abdomen, and pelvic organs. A Pap smear should be taken and tested at this visit. If members of your family have had breast cancer or if you have ever had breast nodules or an abnormal mammogram (breast x-ray), you may need to have more frequent breast examinations. Also be sure to let your doctor know if you have ever had liver or kidney disease, as this may affect the decision to use estrogen.

Reevaluate your need for estrogens. You and your doctor should reevaluate your need for estrogens at least every six months.

Be alert for signs of trouble. Report these or any other unusual side effects to your doctor immediately:

- Abnormal bleeding from the vagina.
- Pains in the calves or chest, sudden shortness of breath or coughing blood (indicating possible clots in the legs, heart, or lungs).
- Severe headache, dizziness, faintness, or changes in vision, indicating possible clots in the brain or eye.
- Breast lumps.
- Yellowing of the skin and/or whites of the eyes.
- Pain, swelling, or tenderness in the abdomen.

OTHER INFORMATION

Some physicians may choose to prescribe another hormonal drug to be used in association with estrogen treatment for women with a uterus. These drugs, progestins, have been reported to lower the frequency of occurrence of a possible precancerous condition of the uterine lining. Whether this will provide protection from uterine cancer has not been clearly established. There are possible additional risks that may be associated with the inclusion of a progestin in estrogen treatment. The possible risks include unfavorable effects on blood fats and sugars. The choice of progestin and its dosage may be important in minimizing these effects.

Your doctor has prescribed this drug for you and you alone. Do not give the drug to anyone else.

If you will be taking calcium supplements as part of the treatment to help prevent osteoporosis, check with your doctor about the amounts recommended.

Keep this and all drugs out of the reach of children. In case of overdose, call your doctor, hospital, or poison control center immediately.

This Summary provides the most important information about estrogens. If you want to read more, ask your doctor or pharmacist to let you read the professional labeling.

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This Brief Summary for Direct-to-Consumer Advertising is based on the current Premarin Tablets insert, PI 4060-1, Issued June 6, 1990 with the incorporation, in lay language, of pertinent text from the Physician insert, CI 4079-1, Issued May 23, 1991.

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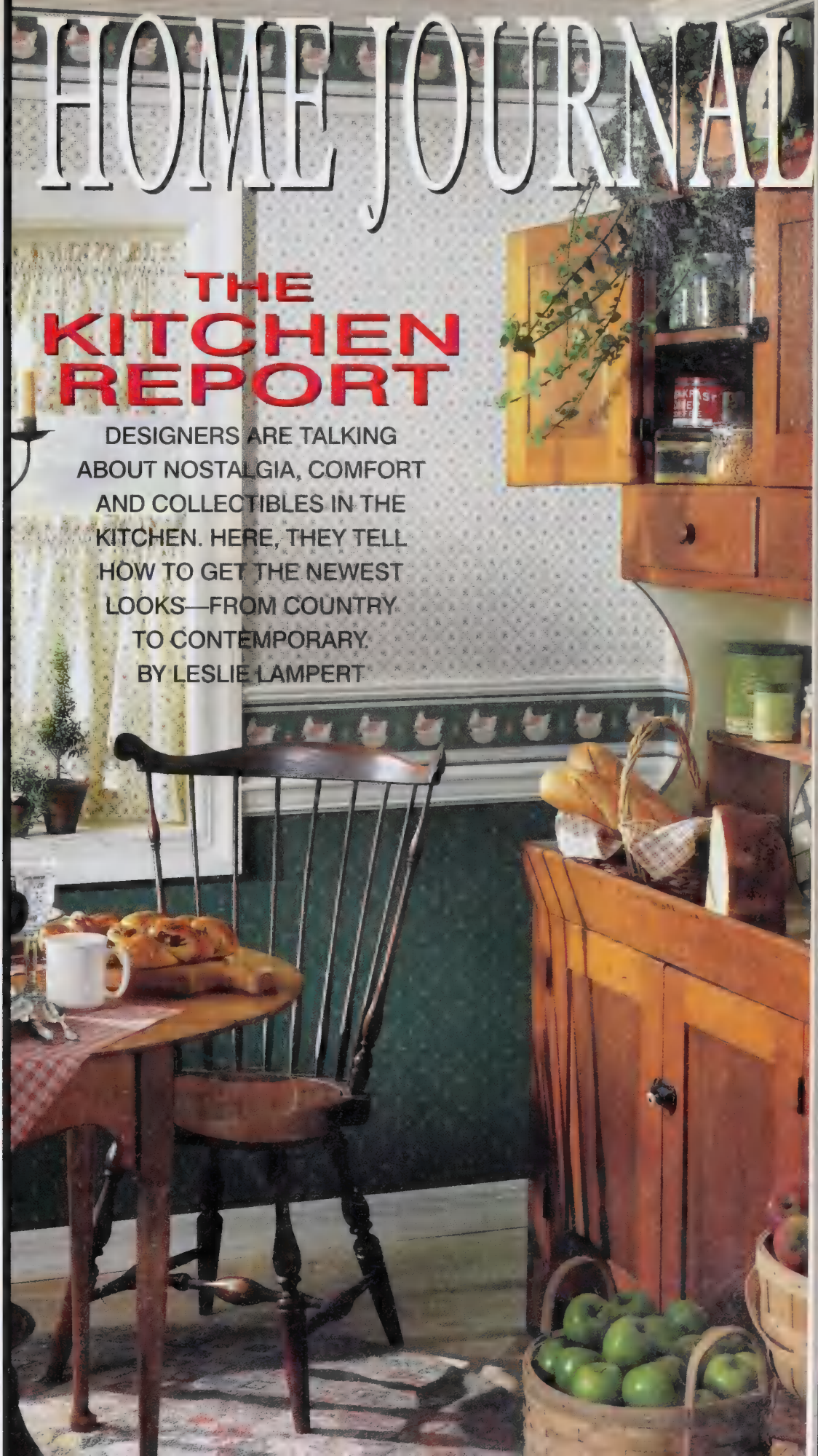
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HOME JOURNAL

THE KITCHEN REPORT

DESIGNERS ARE TALKING ABOUT NOSTALGIA, COMFORT AND COLLECTIBLES IN THE KITCHEN. HERE, THEY TELL HOW TO GET THE NEWEST LOOKS—FROM COUNTRY TO CONTEMPORARY.

BY LESLIE LAMPERT







The new country kitchen

TODAY'S FAMILY-CENTERED KITCHENS ARE MERGING FINE FURNITURE AND OBJETS D'ART WITH THE MOST MODERN FIXTURES AND APPLIANCES

Country—America's most popular home-design trend—is stronger than ever in the kitchen. For the nineties, however, this back-to-basics style has matured to meet the needs of the way we live today. In our pursuit of a cozy kitchen area where the family can socialize, do homework or just relax, we've begun to bring in traditional furnishings, says Florence Perchuk, a top Certified Kitchen Designer (C.K.D.) in New York City. "Freestanding cupboards, authentic antiques and old-fashioned hutches now stand proudly in the kitchen." Manufacturers are also keeping pace with the trend toward kitchen furniture. Wood-Mode, for example, makes Shaker-style cabinetry (left) that combines a historic look with modern conveniences such as additional drawers at the toe-kick area and cabinets equipped with space-saving pull-out pantries.

(continued)

(continued) In a decade where everyone is looking for ways to simplify their lives, it's fitting that many of today's kitchens are harkening back to Grandma's house. Quality heirlooms and accessories mingle easily with present-day housewares in an effort to marry the old with the new. Some examples are reproduction-antique stoves, period hardware and moldings that add traditional charm to any style kitchen. An old butcher-block chopping table (right), is functional, adds nostalgic appeal and affirms the trend toward single-piece furnishings in the kitchen. And don't be afraid to use an old piece next to a contemporary countertop—that's the new look.



One of today's top trends is blending the present with the past







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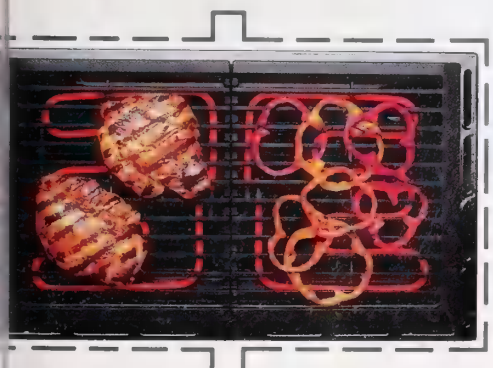
Also, the Expressions Collection's sleek, award-winning design brings as much to a kitchen as its features bring to a meal.

The Jenn-Air Expressions Collection. The perfect cooktop system no matter how you serve it up.

For a brochure showing the Jenn-Air line and the name of your nearest dealer call 1-800-JENN-AIR.







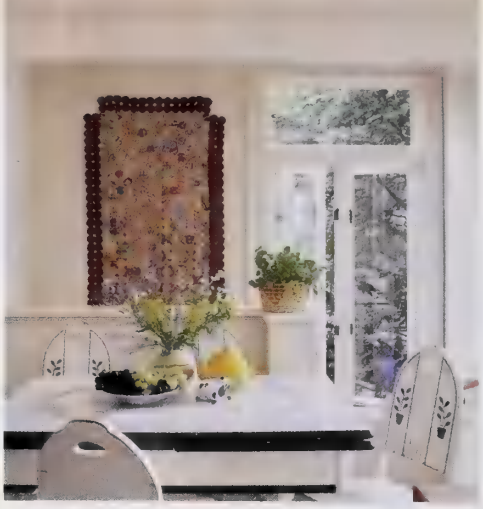


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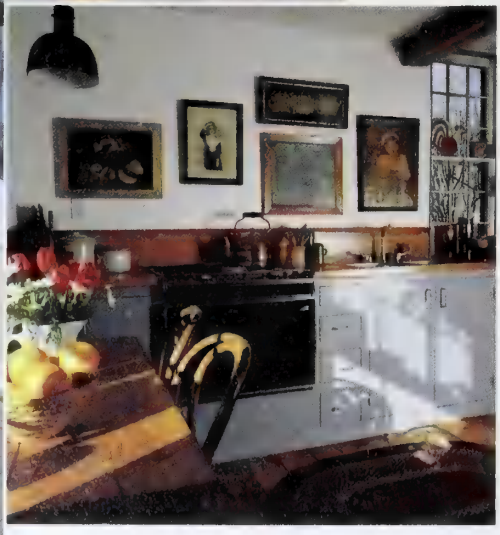
The cooking gallery

BRING OUT YOUR BEST ARTWORK AND COLLECTIONS. SINCE WE SPEND SO MUCH TIME IN THE KITCHEN, IT MAKES SENSE TO SURROUND OURSELVES WITH THINGS WE LOVE





Gone are the days when kitchen art was confined to cute posters of fruits or herbs. Now fine-art objects—from oil paintings and textured wallhangings to sculptures and collectibles—are being displayed in kitchens so the family can enjoy their prized possessions in the room they use most. "People want to put something stable back into their lives," says Peggy McGowen, C.K.D., owner of Kitchen & Bath Concepts, in Houston. "In Houston, kitchens are becoming sophisticated. Antiques are being welcomed, and families are pulling out their valuables and placing them on kitchen counters, on walls and in armoires." Even if you don't own a personal collection, you can still achieve the collector's look by putting up one of the new collectibles wallpapers. Here, Andover Wallcoverings Great Morning II Collection features an instant antique teapot medley (bottom left).





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While the concept of comfort is a matter of personal taste, families are looking for ways to make themselves feel good in their homes. Whether you want to tuck an upholstered chaise longue into a breakfast nook, decorate your eating area in the manner of a formal dining room or create a state-of-the-art kitchen that gives you the comfort of easy cleanup and an everything-in-its-place look, you can design a soothing setting for the hardest-working room in the house. Linda Levy, president of Interiors of Wellesley, outside of Boston, says her clients now care more about comfort than convenience. "When the economy gets bad, people want to feel better at home. I put upholstered, squishy furniture right in the kitchen, along with gorgeous draperies." To define comfort in your home, says Janet Schirn, who has design offices in Chicago and Washington, D.C., first you have to address what's truly important to you and your family. "You have to ask yourself not just how many pots and pans you need storage for, but how the family socializes in the kitchen, how they respond to different kinds of light and sound, when the kitchen is used most, and how often you go grocery shopping. Then develop a design program to best serve your routines."







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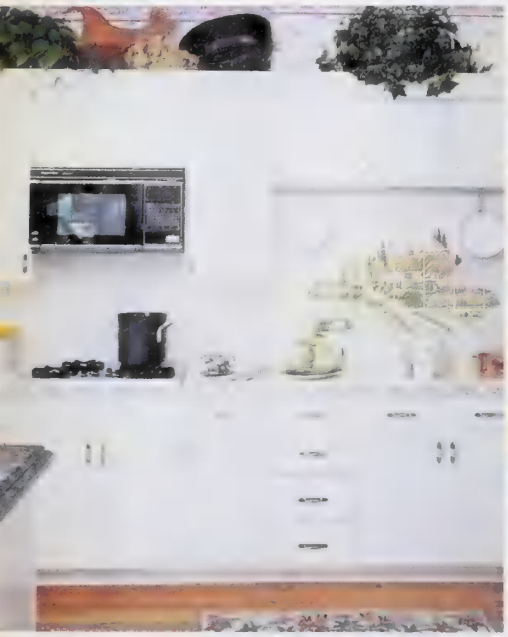
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White update

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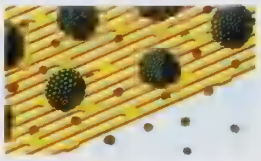
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Lighten up

DECORATING WITH NATURAL SUNLIGHT IS ONE OF THE BRIGHTEST ACCESSORY IDEAS TO COME OUT OF THE NINETIES



If you're thinking about ways to give your kitchen a bigger feeling or if you're looking for a solution for lightening up a dark space, there are a variety of window styles to choose from; box bay, angle bay, floor-to-ceiling and skylights are just a few examples. Not only do windows open up an area, they also provide architectural detail, bring the outdoors in and deliver economical solar benefits. Janet Schirn, spokesperson for the new Light-Touch Decorating booklet from Windex, reports windows are standing alone as both a design statement and a way to gain maximum sunlight exposure. Along those lines, she says, "Window treatments are being pared down. Instead of filtering light with draperies, we're using translucent shades that deflect sun, glare and



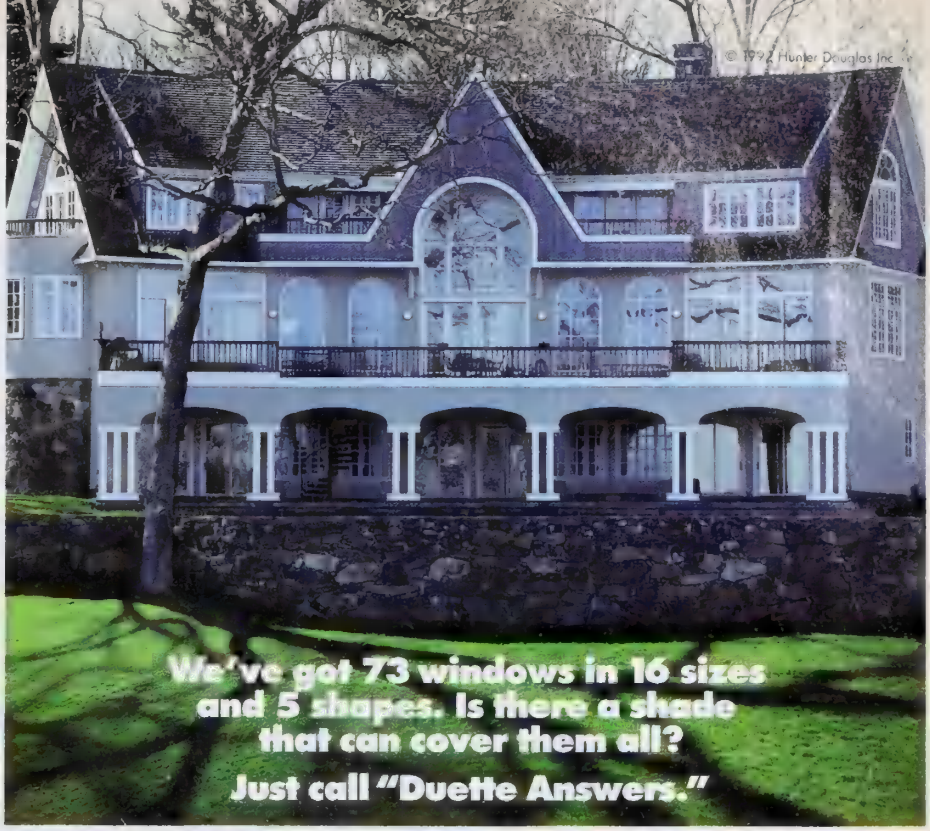
heat yet still offer beautiful views." Designer Van-Martin Rowe, who dubs West Coast kitchens "crash rooms," says light is an invaluable decorating tool in California-style kitchens, which often call for indoor/outdoor design.

We hope this report inspires a new perspective for your own kitchen. LHJ welcomes readers' questions about home design and lifestyle attitudes. Write: LHJ Lifestyle Dept., 100 Park Avenue, New York, NY 10017.

WHERE-TO-BUY-GUIDE

H.J. 1: Sanitas Wallcoverings Now Country Collection, 800-232-5544. **H.J. 2,3**: Wood-Mode Shaker Cabinetry, available in custom colors. **H.J. 4**: Top, Village's The Sunny Look Collection, 800-552-9255; left, Country Electric range fits standard 30-inch opening from The Antique Hardware Store, 9718 Easton Rd. Route 611, Kintersvile, PA 18930, 800-422-9982; right, cooktop, Jenn-Air. **H.J. 6**: Middle photo, Fashon Wallcoverings, Breakfast in the Country Collection; lower left, Andover Wallcoverings, Great Mornings II Collection, 800-366-1700. **H.J. 10**: Top, Sanitas Wallcoverings, Hearts & Flowers Collection, Lady Ann Border, 800-232-5400; bottom, High Tech cabinetry by Wood-Mode. **H.J. 12**: Top, Eisenhart's Color Tree Designs Wallcovering and Seed Packet Border, Sugar & Spice collection, 800-726-3267; middle left, microwave-convection oven, Kitchen-Aid; middle right, Village Wallcoverings, the Sunny Look Collection; bottom, York's Lincoln St. Gallery Wallcovering and Big Apple Border, Mayberry Collection, 800-238-9152; in Tennessee, 800-582-6233. **H.J. 14**: Left, windows by Marvin Windows; right, Angle Bay window, Andersen Windows. To receive a free copy of Windex Light-Touch Decorating, write to Windex Light-Touch Decorating, P.O. Box 14056, Baltimore, MD 21268.

To order *The Complete Book of Kitchen Design*, by Ellen Rand, Florence Perchuk and the Editors of Consumer Reports, call 800-272-0722. For Amana product information, write Amana Inquiry Services, 2001 Ruppman Plaza, Peoria, IL 61614. **H.J. 11**: Enjoy the endearing charm of M.I. Hummel Figurines handcrafted by Goebel, in Germany; for a free brochure or the name of a dealer near you, call 800-666-CLUB. **H.J. 5**: For Jenn-Air product information or to find the dealer nearest you, call 800-JENN-AIR. **H.J. 15**: Duette Honeycomb Shades make the world a shade more beautiful. For more information, call 800-32-STYLE. **H.J. 8,9**: Window and Patio Factbook gives homeowners tips on remodeling, home improvements and creating custom window combinations from Andersen standard size windows and patio doors. Andersen Windows, Inc.—call 800-426-4261 for your free guide. For information on nuclear electricity and cleaner air, please write to the U.S. Council For Energy Awareness, P.O. Box 66080, Dept. BE27, Washington, D.C. 20035.



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HOW TO STOP ACCIDENTS BEFORE THEY START

With all the potential for hazard in today's fast-paced society, it's wise to take precautions against accidents and injuries whenever possible. Here are some sound and practical ways to protect yourself and your family from harm.

■ Many of today's newest makeup and skin care products include sunscreens. Choose the ones that are appropriate for your skin type and use them year-round for protection against the damaging effects of sun, wind and cold.

■ You can help avoid athletic injuries — and increase your stamina and performance — by regularly doing stretching exercises before and after you work out or participate in sports. Gentle stretching tunes up your muscles and reduces stress by relieving muscular tension.

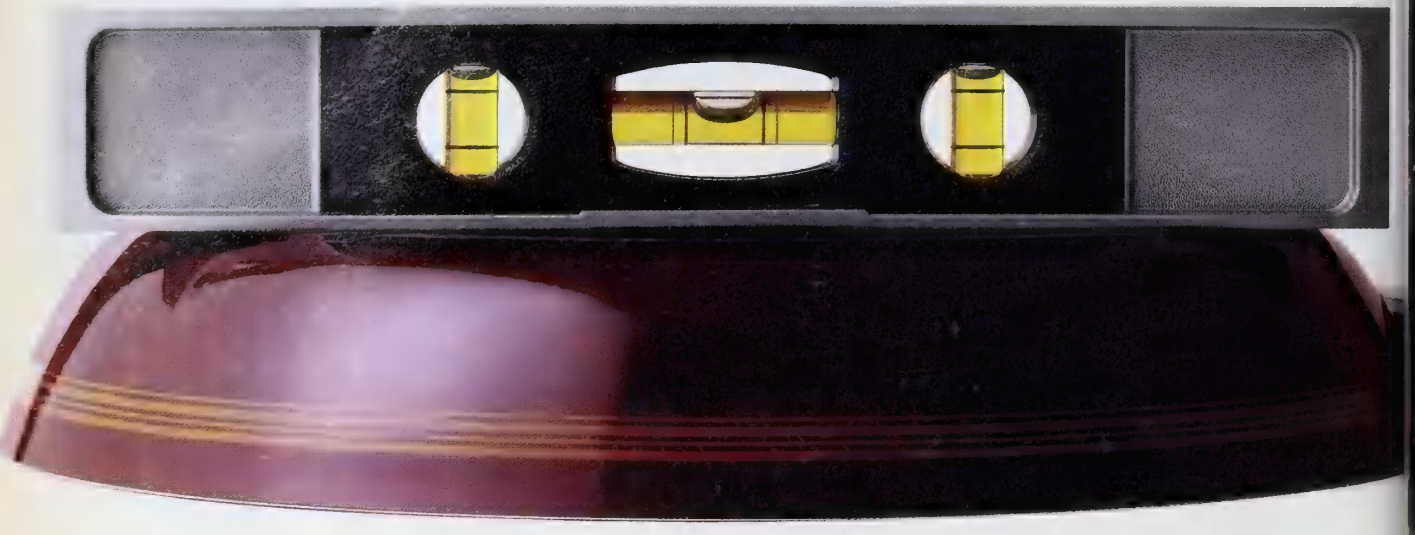
■ Prevent head injuries while biking by wearing a properly fitting protective helmet. It must be snug, but not too tight, and fasten securely with a chin strap. Look for helmets that carry either the American National Standards Institute (ANSI) or Snell Memorial Foundation (SNELL) safety stickers.

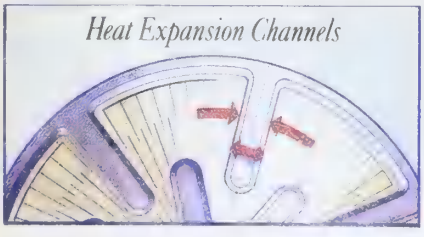
■ To learn about yet another way to stop accidents before they start, turn to page 157

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The Outside Story

Outside, the new Resistal porcelain enamel tri-layer base features something that's extremely unique: exclusive heat expansion channels. The result: the Resistal base is up to twice as resistant to warping as conventional cookware. So over time your cookware stays in perfect contact with the heat source for higher quality cooking.

The Inside Story

Inside, you'll find our totally new 4-layer coating has a unique honeycomb texture. It helps reduce the continued abrasion caused by contact with everyday kitchen tools like spatulas and spoons. Which results in cookware with a 35% higher scratch resistance and cleanups that are virtually trouble-free.

The new Resistal concept of non-stick cookware from T-Fal. Unlike people, it can be around food constantly and still manage to keep its figure.




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Quick & Healthy Chunks!
98% FAT FREE
(2% FAT) per serving*
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3 cups torn salad greens
1 can (5 oz.) Swanson® Premium Chunk White Chicken, drained
1 medium apple or pear, cored and sliced
1/2 cup seedless red grapes, each cut in half
1/4 cup reduced-calorie blue cheese or ranch salad dressing
Coarsely chopped walnuts for garnish
On salad plates, arrange salad greens, chicken, apple and grapes. Drizzle with dressing. Garnish with walnuts. Makes 2 servings.
SWANSON
Premium Chunk White CHICKEN
IN WATER
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98% FAT FREE (2% FAT)
80 CALORIES
100% NATURAL INGREDIENTS
* 1 serving = 2.5 oz.



DELUXE CHICKEN SANDWICH

1 can (5 oz.) Swanson® Premium Chunk White Chicken, drained
⅓ cup chopped cucumber
1 tbsp. nonfat mayonnaise dressing
⅛ tsp. dried dill weed, crushed
2 sandwich buns, split
Spinach leaves
Tomato slices

1. In medium bowl, combine chicken, chopped cucumber, mayonnaise and dill weed; toss gently to mix well. Cover; refrigerate 2 to 4 hours.
2. To serve: On bottom halves of sandwich buns, arrange spinach, tomato and chicken filling. Replace top halves. Makes 2 sandwiches.

STEAK MARINADE PROVENCALE

1/2 cup A.1. Steak Sauce
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Use marinade to baste beef while cooking. Serve garnished with olives if desired.

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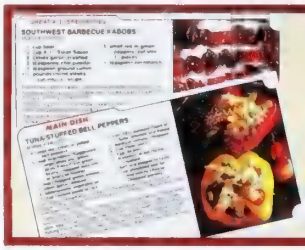
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Too much of a good thing

People in the Boston area were ill with fatigue and nausea. The cause baffled doctors until they uncovered the culprit—something you're sure to have in your own refrigerator



BY JONATHAN EDLOW, M.D.

Virginia Palazzo, an internist who lives in Belmont, Massachusetts, wasn't the kind of mother who worried over every little thing. But she became very concerned in the spring of 1991 when her eighteen-month-old daughter, Christa, suddenly lost her appetite and wasn't gaining any weight. The situation was even more disturbing when the little girl's pediatrician could find nothing wrong.

Meanwhile, in nearby Watertown, Massachusetts, cardiac nurse Lou Goldberg, fifty-eight, wasn't feeling well either. "At first I thought it was all the night shifts or maybe my diabetes," she recalls, even though she had been working nights for years and her diabetes was under control. Her symptoms were as vague as their onset was insidious: fatigue, nausea, abdominal cramps. "Then I began to lose weight," she says. "I was almost glad, because I'm short and overweight."

But by mid-June, Lou's deteriorating physical condition convinced her to have blood tests. That's when she got scared: The results showed hypercalcemia, an alarmingly high level of calcium. Despite the fact that women are constantly urged to get enough calcium to prevent the bone deterioration of osteoporosis, Lou's diagnosis was far from good news. Excess calcium in the blood can eventually become deposited in tissues and organs, causing them to calcify, or harden; what's more, the condition can be a sign of various disorders, including cancer.

As it turned out, Christa Palazzo and Lou Goldberg were strangely linked—along with a number of other puzzling cases in the Boston area. *(continued on page 235)*


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Is there life after death?

About eight million Americans report having near-death experiences. Here, best-selling author and researcher Melvin Morse, M.D., tells us why these visions offer hope to us all

BY PAMELA GUTHRIE O'BRIEN

What happens after we die is a question that's troubled each of us at one time or another. Melvin Morse, M.D., a medical researcher, pediatrician and associate professor of pediatrics at the University of Washington, in Seattle, thinks he may have found the answer. For the past nine years, Morse has studied the near-death experiences (NDEs) of hundreds of children and adults. From listening to their stories—of leaving the body, traveling down a tunnel into a warm, welcoming light and being reunited with loved ones—he says he's discovered that the process of dying is something serene and joyous, not something to be feared. He detailed this inspiring message in his book, *Closer to the Light* (Villard, 1990), which sold one million copies.

Now, in his new book, *Transformed by the Light* (Villard), Morse studies the transformation—or change—he says people go through after they have an NDE. As a result of their experience, he says, they feel that their lives have a greater purpose and meaning, they have a zest and eagerness for living, and they have little fear of death.

Recently, *LHJ* talked with Morse.

Why do you think NDEs are so important?

I think that the near-death experience teaches us that there is a spirituality and a meaning to our lives that we have neglected. Our medical and cultural model is that we are just biological machines, that the process of dying is mechanical and that when we die we go into darkness. But we're finding now that the process of dying is joyous and spiritual. That has tremendous impact on not only our personal lives, but our society. Every person we interviewed for our research reported that his NDE was a beautiful, joyous experience, and that tells us that death is not something to be feared.

Do you think most people believe in NDEs?

I think reports that children have near-death *(continued)*

WHAT IS A NEAR-DEATH EXPERIENCE?

Medical researchers have identified nine stages that define the NDE. Those stages, below, are described by people who have returned from death's door.

■ **A sense of being dead** "It was a time when I was not the wife of my husband, I was not the parent of my children, I was not the child of my parents. I was totally and completely me."—*A woman after a cardiac arrest*

■ **Peace and painlessness** "It was as though the ribbons that bind me to the world had been cut. I no longer felt fear, nor did I feel my body."—*A housewife who "died" after a car accident*

■ **Out-of-body experience** "I was *(continued)*



Elizabeth Taylor and Burt Reynolds have had near-death experiences. Liz, who stopped breathing while suffering from pneumonia thirty years ago, remembers going through a tunnel with a light at the end. Burt went into a coma while trying to withdraw from sleeping pills and says he had "the whole out-of-body experience"

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Is there life after death?

continued

experiences give the entire issue great credibility. The two things that have really made NDEs mainstream are: one, children reporting virtually the same experience, children as young as age three, who don't have the knowledge to fabricate such stories. Second is the fact that I and a number of other researchers have scientifically documented that this experience does happen. We've gone into hospitals and systematically interviewed survivors of cardiac arrest, and their testimony becomes impossible to ignore.

And the fact that people, whether they're Christian, atheist or Jewish, report the same experience is validating.

What convinced *you* that the NDE is real?

The absolute simplicity and authenticity of these stories. The first case I had was a little girl in Idaho. She was seven years old, and she nearly drowned in a swimming pool; she had no heartbeat for nineteen minutes. I was talking with her a couple of weeks later, and I said, "Tell me about the pool." And she said, "Oh, do you mean when I saw the Heavenly Father?" I smiled when she said that, and her eyes became guarded and she said nothing further. Then I went back to interview her, and she [eventually] told me the whole story: floating out of her body, seeing her own resuscitation, going down the tunnel into the heavenly light. Children speak about it so simply and so beautifully. You know they're not lying. They have no reason to invent this.

Is it possible that people who say they've had NDEs actually dreamed the whole thing?

No. What first attracted me to the NDE was the fact that comatose patients were having any memory at all. Dreams are associated with certain EEG findings, there's rapid-eye movement, the various stages of sleep, and so on. Comatose patients are not supposed to have any memories or any mental processes. So these cannot be dreams. I think that it's clear that it is a *real* event that happens to people when they die.

Why don't all patients who "die" and are then resuscitated have an NDE?

I think there are two reasons. One is, I have encountered many, many people who subconsciously suppress the experience. I think the second and much more likely reason is that medications, far from causing the experience, frequently cause people to *forget* it. One study found that the more medication the patient was on, the less likely he was to report the [NDE].

You say that there are nine traits of NDEs. If a person has only one of those traits, is it still an NDE?

Absolutely. In fact, the most common trait is the experience of light. One boy said, "Forget my body, forget being alive, I just wanted to be in that light." Each person has fragments of this powerful experience. It also has a lot to do with how long they're clinically dead. Someone who's only been out for two or three minutes perhaps will just float out of his body and see a light. But I believe it's this experience of light that triggers the transformation.

What kind of transformation do people who have had NDEs undergo?

The transformation comes in how they live their lives—in the [number] of hours they spend in volunteer activities, the percentage of their income that they give to charity, their zest for living, and their almost complete lack of psychosomatic symptoms. They have fewer headaches and stomachaches. I think that's because after their NDE, they're happier, more serene, so they experience less stress.

Who has more NDEs, women or men?

There is a greater percentage of women that have NDEs. It's not known why. Th difference is like 60-40, so it's not drama ic, but it's definitely present.

How does the medical community fee about NDEs?

I think the fairest way to say it is tha the NDE and the knowledge that dyin patients have spiritual visions challeng the way we deal with death in our hosp tals today. Many [people] have risen t the challenge and want to re-examine th way we handle death and dying, an others, frankly, are threatened, becaus in many ways, I'm saying that the wa we handle dying patients is wrong. Ther are too many machines at the bedsid and not enough people listening at th bedside. We [as physicians] need to ste back and give up control to the patien or we need to listen to the patient. An that's threatening.

If people are allowed to die naturally—without medication and life support—do you think it's more peaceful?

Absolutely. I'm willing to go way out on limb and say that. I think we've forgotte that there is a peace that comes before deat even to patients who are racked with pain. don't want in any way to say that we shoul withhold medication from dying patient Obviously there are some patients who nee to be treated with medication, and yet ever thoughtful commentator or social scientis or physician who discusses the process of dy ing agrees that we overmedicate an overtreat the dying. The techno-frenzy th surrounds the process of dying is certainl because of our own fear of death and ou own efforts to control the dying process. we would only listen to those who are dyin we would learn this is totally unnecessar that the process of dying is joyous and spir tual. I think the issues surrounding with drawal of care become much simpler whe we understand the NDE. ■

What is a near-death experience?

(continued) able to look down at myself in my hospital bed. There were doctors and nurses moving busily around me. A priest came in and began to give me last rites. I moved down to the bottom of the bed and watched everything. Then I went back into my body. I remember waking up and looking for myself at the foot of the bed."—*A woman who nearly died from a reaction to medication*

■ **Tunnel experience** "I was playing golf as a storm was brewing when—WHAM—I got hit by a bolt of lightning. I hovered above my body for a few seconds, and then I felt myself being sucked up this tunnel. I saw this light at the other end getting bigger and bigger."—*A car dealer*

■ **People of light** "I was met at the end of the tunnel by a bunch of people. They were all glowing from inside like lanterns. The whole place was glowing in the same way. I didn't know any of the people I met there, but they all seemed to love me very much."—*A ten-year-old boy who had a cardiac arrest*

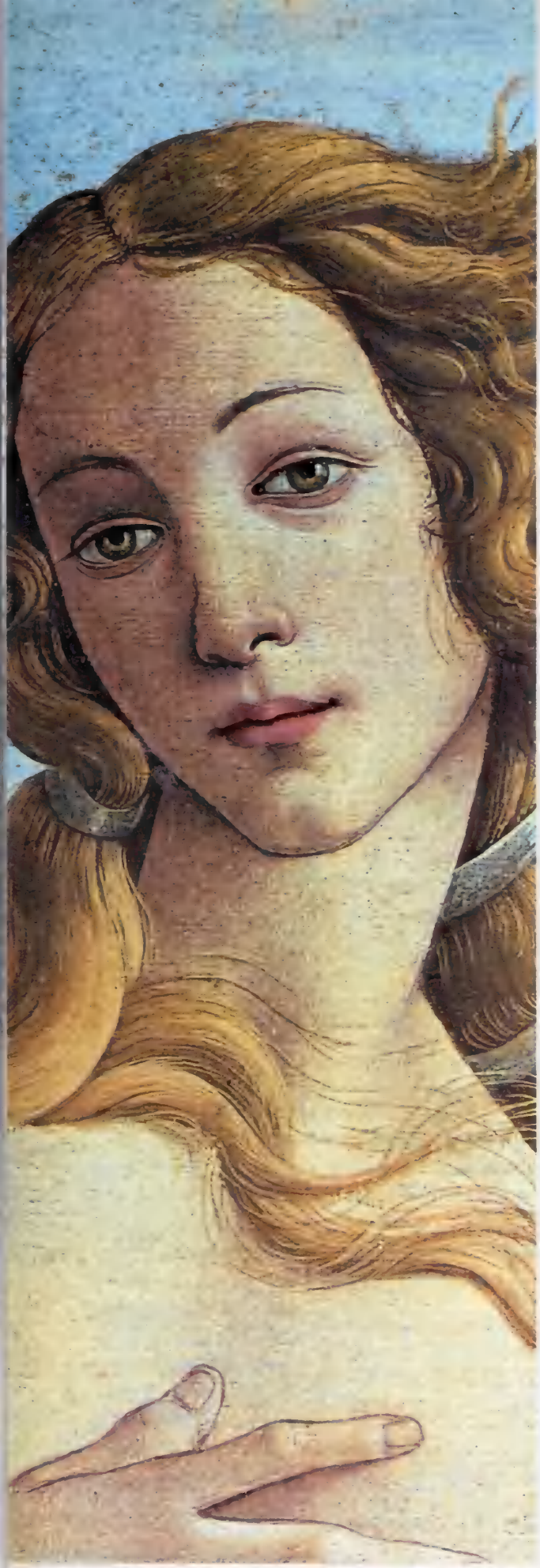
■ **Being of light** "I remember waking up in a garden filled with large flowers. I looked around, and there was this Being. I felt completely loved and nourished by him. It was the most delightful feeling I've ever known."—*A middle-aged woman describing her childhood NDE*

■ **Life review** "This Being of light surrounded me and showe me my life. I remember one incident in this review when, as child, I yanked my little sister's Easter basket away from her. Ye in the review, I felt her feelings of disappointment and loss. was the people I hurt, and I was the people I helped to fee good."—*A woman who had an NDE at age twenty-three*

■ **Reluctance to return** "After the review of my life, I didn want to return to my body. He (the Being of light) told me that had to go back, that there was more work to be done. I wa sucked back into my body. Suddenly I was looking up at a doc tor. For a moment I was angry at being brought back. 'Don't eve do that to me again!' I said. It was a shock to my friend [the doc tor], who had worked so hard to save me."—*A cardiologist*

■ **Personality transformation** "One thing I learned whe I died was that we are all part of one big living universe. we think we can hurt another person or another living thin without hurting ourselves, we are sadly mistaken."—*A business man who survived cardiac arrest*

—Melvin Morse, M.D., with Paul Perr



WHAT A WOMAN SHOULD KNOW ABOUT VAGINAL MOISTURE.

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Birth of Venus (Detail).
Botticelli, Uffizi, Florence.

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Schering-Plough



What to do for next year's garden

It's never too soon to start thinking ahead. Here, expert advice on what to plan—and what to plant. **By Lauren Brown**

As fall approaches, the savvy gardener's thoughts turn to . . . spring. Now is the time to get your yard ready for the future—and to perk up your late-summer flower patch with a few quick fixes. With our step-by-step guide, you'll reap the rewards of a lush lawn, fabulous flowers and top trees come April.

Patch repair

Before thinking about next year's garden, take a look at your summer blossoms. You're probably growing both annuals, such as marigolds and zinnias, which bloom all season but must be planted every year, and perennials, such as black-eyed Susans or primroses, which flower year after year but blossom for only a short time. If your annuals are drooping in the heat, "pinch them back, water them, give them a good dose of fertilizer, and they'll perk up and flower till frost," says Terry Hulmfeld, executive director of the Professional Plant Growers Association, in Lansing, Michigan. To encourage perennials to produce more buds, snip off the dead blossoms with garden clippers.

For a super-fast perk-up, clip the grass around your flower beds, put fresh mulch around plants and water thoroughly. You'll be amazed at the difference this makes!

Finally, if your flowers are beyond help, buy some new plants. One good choice: Vinca (*catharanthus*), an annual with delicate white, pink or lavender blossoms, thrives in heat and humidity.

Take stock

Now is the time to take a walk around your yard and make notes for next year. Which flowers did well? Which didn't? What colors looked great together? What looked awful? Write it all down so you don't forget in the spring.

Consider, too, how much time and maintenance your garden *(continued)*



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Our spectacular two-foot-tall hardy gladiolus are certain to be standouts in your garden. Available in a medley of colors, they bloom from mid-spring to early summer. Plant them this fall, and they'll flower again year after year. You can enjoy gladiolus indoors, too—they make excellent cut flowers for bouquets. To order, turn to page 239.

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(continued) needed. For instance, were you constantly watering your plants because they couldn't take the heat? Work with nature next year by choosing drought-tolerant plants, such as marigolds, hollyhocks, zinnias and African daisies.

Plan ahead

Planning not only gives you a more successful garden, it saves you money. Decide now what you want to buy next spring so you can resist costly impulse purchases later.

How do you choose what to plant? Check out what your neighbors have, browse at the local garden center or visit a botanical garden.

Also, select plants that bloom at different times of the season. Some suggestions: **for spring,** *columbines, foxgloves* and *peonies*. **For early summer,** *anemones, shasta daisies* and *calendulas* (pot marigolds). **For late summer and fall,** *hostas, dahlias*, or, for something different, try *ornamental grasses*, which have attractive flower plumes or seed heads, grow two to six feet high and require little maintenance. Bonus: The foliage, often a deep crimson or gold, keeps its color into the winter.

Plant now, enjoy later

Autumn is the time to plant spring-flowering bulbs, such as daffodils, crocuses, hyacinths, tulips and scilla. To plant, choose a site that receives full or partial sun with soil that drains well. Dig a hole to the recommended depth for each bulb—or buy an easy-to-use bulb planter, available at garden centers. Pour a spoonful of bone meal into each hole and put the bulbs in place with pointed ends up. Press gently into the earth, cover with soil, and water.

For the most impact, always plant bulbs in groups or clusters. And choose flower colors that complement each other to avoid a haphazard or unsightly look when they bloom.

Spruce up your lawn

If you live in the northern half of the country, this is the season to fertilize your grass. Fall fertilization promotes root growth, which makes grass stronger and less prone to drought and disease. (Slow-release brands of fertilizer are best because they provide a steady stream of nutrients.)

If your turf is looking sparse, re-seed the bare patches. Ask at your garden center for one of the new disease- and weed-resistant varieties of grass. To seed a patch of lawn: Scratch the soil with a rake, drop seeds in the grooves, and water daily until the grass germinates.

LHJ SPECIAL OFFER



The daisy tree lets you enjoy flowers all year long. It produces a bevy of blossoms; just place near a window in the winter and watch it bloom. In the summer, put the tree outside to grow. To order, turn to page 239.

Give your garden a makeover

Are your flower beds too crowded? This is a good time to move and divide your spring- and summer-flowering perennials, such as daylilies and columbines. Dividing reduces overgrown plants and helps keep them healthy. To do: Dig up each plant, pull or cut it into separate parts with a sharp knife and replant. To transplant flowers: Carefully dig up, replant elsewhere and water.

Remove plants that no longer look their best—they spoil the effect of your entire landscape, says Gary Koller, senior horticulturist at the Arnold Arboretum, in Boston. Replace with something new next year.

Trees to fit your needs

Although most trees should be planted in the spring, this is the perfect time to see where you might need some shade. Just make sure the spot where you decide to plant has enough space for the tree to grow freely. (Always find out how tall and wide trees will be at maturity before you plant.)

As the fall progresses, you'll also get a chance to see what trees provide the best color. Our suggestions for knockout fall foliage: maples; birch; and shad and dogwood, which both flower in the spring as well.

Other experts consulted for this article: Maureen Heffernan, horticulturist at the American Horticultural Society, in Alexandria, Virginia; Steven Still, executive secretary of the Perennial Plant Association, in Columbus, Ohio.

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Sweetly scented peonies will grace your yard with some of the biggest, most beautiful blooms you'll ever see. The fancy double flowers are up to eight inches wide, framed by deep green foliage. (For a stunning centerpiece, float one flower in a clear bowl of water.) Our peony bushes will multiply and return each spring; they may last as long as thirty years. To order, turn to page 239.



Some Arguments For Nuclear Energy Are Smaller Than Others.

ound the nuclear electric plant on Florida's
utchinson Island, endangered wildlife
ve a safe haven. The baby sea turtles
tching on nearby beaches are more
idence of the truth about nuclear energy:
peacefully coexists with the environment.

America's 110 operating nuclear plants don't pollute the air, because they don't burn anything to generate electricity. Nor do they eat up valuable natural resources such as oil and natural gas.

Still, more plants are needed—to help satisfy the nation's growing need for electricity without sacrificing the quality of our environment. For a free booklet on nuclear energy, write to the U.S. Council for Energy Awareness, P.O. Box 66080, Dept. TR28, Washington, D.C. 20035.

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dishing with delta

IS THERE LIFE AFTER *DESIGNING WOMEN*? YOU BET, HONEY! HERE, A NO-HOLDS-BARRED TALK ABOUT FAMILY, FRIENDS AND THE FUTURE WITH TV'S SASSIEST SOUTHERNER.

BY JEFF ROVIN

Blond, beaming Delta Burke breezes into her cozy office at Universal Studios, where her new series, *Delta*, is being shot. She stops, puts one hand on her hip, primps her hair and says, grinning, "What do you think of the new and improved model?"

She doesn't wait for an answer. Dressed in a purple cardigan, black blouse and black sweat pants, the hyperkinetic actress sweeps past the walls covered with framed photos and magazine covers, eases behind her imposing desk and pours herself a diet cola.

"Do you like the hair?" she asks, then answers, "I do. Right now it's good for me—it's helping me feel different than I did when I played Suzanne Sugarbaker. But I don't know what I'll do in the future. In the show, I play a woman who moves to Nashville to try to make it as a singer; someone I know runs a beauty parlor, just in case I decide to change it to red, black, brunet, Sinead O'Connor, Annie Lennox—" she says, laughing. "Maybe I'll do the hair-of-the-week."

Except for the hair, the thirty-six-year-old actress looks the same as she did on *Designing Women*. Inside, though, she says she's a changed person. "Honey," she says, with a smile, "over the past few years I've had more ups and downs than Elvis. But right now is a very good time for me. This is the happiest I've ever been."

Watching her meet with producers, writers, actors and fans over the course of a day, and seeing her coo and flirt with the big guy in the next office—her husband

(continued on page 244)

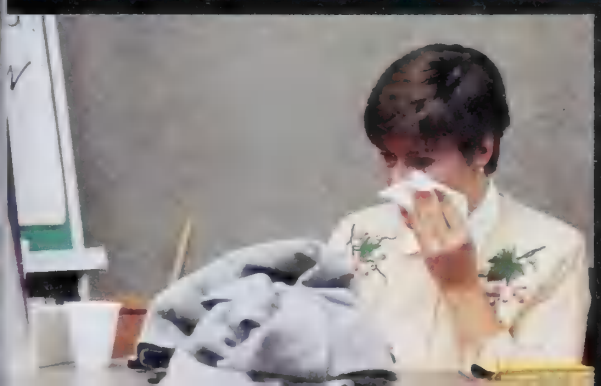


Brian and Jennifer were Christians—and adulterers
that God wanted her to kill his wife, she agreed, and





The born-again murderer



Everyone at the Bally's U.S. Swim and Fitness Club, in Colorado Springs, thought Jennifer and Brian were the ideal young couple: She was so wholesome and attractive; he was such an attentive, handsome husband.

But it wasn't until one morning last September, when they picked up a copy of the local paper, that the gym regulars discovered the truth. Not only were Brian Hood and Jennifer Reali not married, she had been arrested the night before—in the death of Brian's wife, Dianne.

Courtroom drama (clockwise from left): Jennifer, standing in front of a picture of herself, tells how she shot Dianne Hood; Brian listens as his fate is sealed; Ben Reali testifies; the killer cries

Mrs. Hood, thirty-two, who suffered from the autoimmune disease lupus, had been shot as she left a meeting of a patients' support group.

A shocking story in any town, but especially in Colorado Springs, the squeaky-clean home of the *(continued on page 249)*

BY SUSAN PRICE

LADY in waiting

WHAT'S IT LIKE TO BE MARRIED TO THIS YEAR'S MOST ENIGMATIC MAN? A TALK WITH MARGOT PEROT

BY BARBARA BURGOWER HORDERN

Once upon a time, Ross Perot didn't want a single word written about his wife, Margot. In fact, when *Ladies' Home Journal* editors were putting together a profile of Mrs. Perot for the May 1989 issue, Perot himself called our office and asked us not to run the story or his wife's picture, because he was afraid she would be kidnapped. (The article was published without incident.)

Today, however, he is taking a very different view of the matter. While his campaign was in full swing he came to realize the value of the press, so when we asked to interview his wife, Perot was more than happy to agree. (As it turned out, he needed all the positive publicity he could get in the following weeks, when he came under fire for everything from how he made his money to the high-handed way he ran his campaign.)



Life with Ross "takes interesting twists," says Margot Perot of her husband's bid for the presidency

And although Margot Perot, fifty-eight-year-old mother of five and grandmother of six, has previously shunned the spotlight, she, too, knew what she had to do to help her husband get what he wanted. So she did it.

"I think, more than ever, the American public is curious about the wife of a public man, and I want to do whatever I need to do," she told *LHJ* in Dallas. A petite, blue-eyed blond, she was impeccably dressed in a bright yellow tailored suit (she's said to favor yellow because she feels it shows off her hair), with a gold choker and bracelet that her husband bought her while he was in Laos trying to get some word on American POWs. "But [Ross] is the candidate," she said at the time, "and I don't want to distract from him. I don't want to draw attention away *(continued)*



(continued) from what people should be thinking about."

So you didn't find Margot out on the campaign trail, speaking her mind on the issues, and sometimes getting criticized for it, like Hillary Clinton. Nor was the shrewd self-deprecation of Barbara Bush her model. (She speaks highly of both women, however: "I admire Hillary. . . she's a respected lawyer, she's a wife and mother, and I respect anybody that can do all that." Barbara Bush is "strong, and she's good and she has devoted herself to family. I think she's a great role model.")

Instead, Margot Perot is a woman who has had very definite ambitions for her life—a good husband, a good family, a comfortable home—and has fulfilled them in a quietly spectacular way. "People say we've lived the American dream," she says simply, "and we have."



A comfortable life

During their thirty-six-year marriage, Margot has also learned to live with her husband's unpredictability. Last February, when he suddenly announced on *Larry King Live* that he would consider running for president, the story goes that he startled his wife as much as the rest of the country. "It was such a surprise to me," she says. "I don't think [Ross] thought he would say it himself." Although she never dreamed his ambitions were political, she says, "I knew I would have an interesting life, because [Ross] is such a vital, wonderful person, a strong personality. He's a man of action and optimism."

Many voters, fed up with politics as usual, seemed to agree when he launched his drive. These same voters, however, were shocked and disillusioned when he abruptly stopped campaigning in mid-July.

But while Perot likes to say he speaks for the average American, he is, of course, a billionaire who lives in privileged and rarefied circumstances. He and Margot reside on a twenty-two-acre estate in Dallas. Their imposing white-columned house is filled with big, comfortable furniture; the effect, says one friend, is "very elegant and understated." On the walls is a formidable collection of Impressionist art. There is also a gym, a weight room, a pool, tennis and racquetball courts, a rifle range and a bowling alley. And, of course, security guards roam the grounds, which are enclosed by a hidden chain-link fence.

The five Perot children attended the best schools in Dallas—the Hockaday School for the girls and St. Mark's for Ross Jr. For years, Ross and Margot were members of two of the most exclusive country clubs in Dallas—but recently resigned because the clubs reportedly discriminated against minorities. They vacation at their homes in Vail, Colorado, and Bermuda.

Margot is also the proud owner of an extensive jewelry collection—and even has gowns designed especially to showcase her gems. "Ross is an indulgent husband and has bought me beautiful jewelry," she says. She especially treasures the pieces he gave her when each of their five children were born: a string of pearls for Ross Jr., a diamond circle pin for Nancy, a sapphire-and-diamond ring for Suzanne, a bracelet of multicolored stones for Carolyn and a necklace of different stones for Katherine.

But according to friends, Margot only started wearing really "spectacular" jewels in 1984, right after Ross sold Electronic Data Systems (EDS) his computer services company, to General Motors for billions of dollars. Says one friend, "Her jewelry is all very tasteful, very Tiffany, very elegant, very expensive." Yet she's also been known to buy baubles at the five-and-dime. "I went to a dinner party at her house last Halloween," says Ruth Sharp Altshuler, one of Margot's closest friends. "You would expect her to have on all this beautiful jewelry. Well, she had the cutest little pumpkin around her neck, and it lit up. It must have cost $1.50."

"THE PEROTS USUALLY COME TO A PARTY HAND IN HAND," SAYS ONE FRIEND. "IT'S EASY TO SEE THAT THEY ARE STILL VERY MUCH IN LOVE."

For richer, and for... richer

Margot Birmingham grew up in Greensburg, Pennsylvania, the youngest of five daughters. Her father, Donald, was a bank president in nearby Pittsburgh, and her mother, Gertrude, was a homemaker.

Margot met her future husband in October 1952. She was a sophomore majoring in sociology and anthropology at Goucher College, in Baltimore, when a friend introduced her to Ross, a senior at the U.S. Naval Academy in Annapolis. "I just loved being with him," she says. "I couldn't wait to go out with him again."

Shortly after Margot graduated, the couple got engaged, and they were married a year later. At first they lived in Rhode Island, where Perot was stationed in the Navy and Margot worked as a teacher. In 195[illegible] he ended his *(continued on page 24)*



Vegetable Rotini

PREP TIME: 20 MIN. COOK TIME: 10 MIN.

- 1 can (10 3/4 oz.) Campbell's® Broccoli Cheese Soup
- 1 pkg. (3 oz.) cream cheese, softened
- 3/4 cup milk
- 2 tbsp. Dijon-style mustard (optional)
- 1/8 tsp. pepper
- 3 cups cooked rotini (corkscrew) macaroni (about 2 1/2 cups dry)
- 3 cups cooked cut-up fresh vegetables (broccoli flowerets, cauliflowerets, carrots)*
- 1/2 cup grated Parmesan cheese

1. In 3-qt. saucepan, gradually stir soup into cream cheese. Add milk, mustard and pepper. Over low heat, heat through, stirring often.
2. Add macaroni, vegetables and Parmesan cheese. Heat through, stirring often. 4 servings.

*If desired, substitute 1 bag (16 oz.) any frozen vegetable combination, cooked and drained, for fresh vegetables.

ɛmon Broccoli Chicken

TIME: 5 MIN. COOK TIME: 20 MIN.

- on
- . vegetable oil
- ıless, boneless chicken
- ast halves
- 1 can (10 3/4 oz.) Campbell's® Cream of Broccoli Soup
- 1/4 cup milk
- 1/8 tsp. pepper

4 thin lemon slices; squeeze 2 tsp. juice from remaining lemon. Set aside.

skillet, in hot oil, cook chicken 10 min. or until browned. Remove; set aside. oon off fat.

skillet, combine soup, milk, reserved lemon juice and pepper. Heat to ling. Return chicken to skillet; top with lemon slices.

ver; cook over low heat 5 min. or until chicken is no longer pink, ring often. Garnish with fresh thyme if desired. 4 servings.



Two Great Ways To Make Broccoli A Part Of Your Dinner.



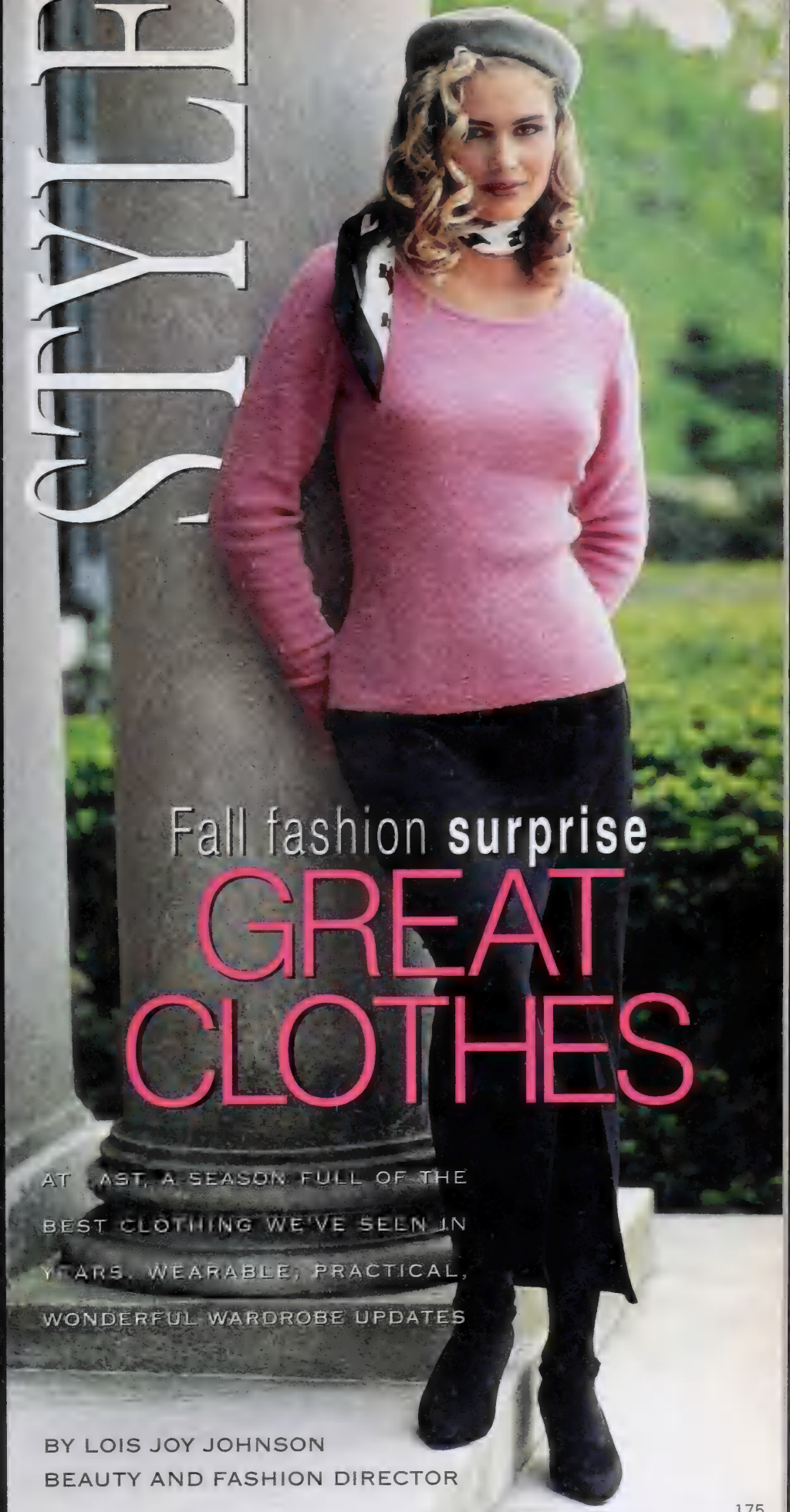
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15 mg. "tar", 1.1 mg. nicotine av. per cigarette by FTC method.

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LONG TIME: IF YOU BUY JUST ONE LONG SKIRT FOR FALL, THIS IS IT—CALVIN KLEIN'S ANKLE-SKIMMING BLACK SKIRT WITH A THIGH-HIGH SLIT. TEAM IT WITH A LONG, LEAN SWEATER, BLACK OPAQUE HOSE AND HIGH-HEEL T-STRAPS FOR A LOOK THAT'S SLIMMING AND SEXY.

Pullover, Benetton; beret, Eric Javits; scarf, Agatha; hose, DKNY; shoes, Rene Caty. Model, Alla of Wilhelmina West. All hair, Gad Cohen for Gad Cohen Studio; all makeup, Bobbi Brown for Frederic Fekkai at Bergdorf Goodman. Photographed on location at Old Westbury Gardens, Long Island, New York.

Fall fashion **surprise**

GREAT CLOTHES

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BY LOIS JOY JOHNSON
BEAUTY AND FASHION DIRECTOR



TOUGH GUISE: BLACK LEATHER IS A MAJOR TREND THAT CAN WORK WITH EVERYTHING IN YOUR CLOSET IF YOU KNOW THE SECRETS TO SOFTENING IT UP. WEAR ONLY ONE MAJOR LEATHER ITEM AT A TIME, AND KEEP THE LOOK FEMININE WITH SOFT WOOLS AND EASY KNITS. TWO LEATHER PIECES WORTH BUYING: A BLACK LEATHER SLIM SKIRT, RIGHT, ADDS A SNAP OF SOPHISTICATION TO A LONG SAFARI JACKET IN COZY GRAY FLANNEL. FAR RIGHT: FITTED VESTS HAPPEN TO BE HOT THIS SEASON, BUT IN BLACK LEATHER, THEY'RE THE ULTIMATE IN STREET CHIC.

Skirt, Mr. Jax; jacket, Kors; cotton turtle, J. Crew; hose, Calvin Klein; slings, Stuart Weitzman; sunglasses, Anne Klein II; vest, A-Line Anne Klein; cashmere turtle, Malo; wool trousers, Dana Buchman.

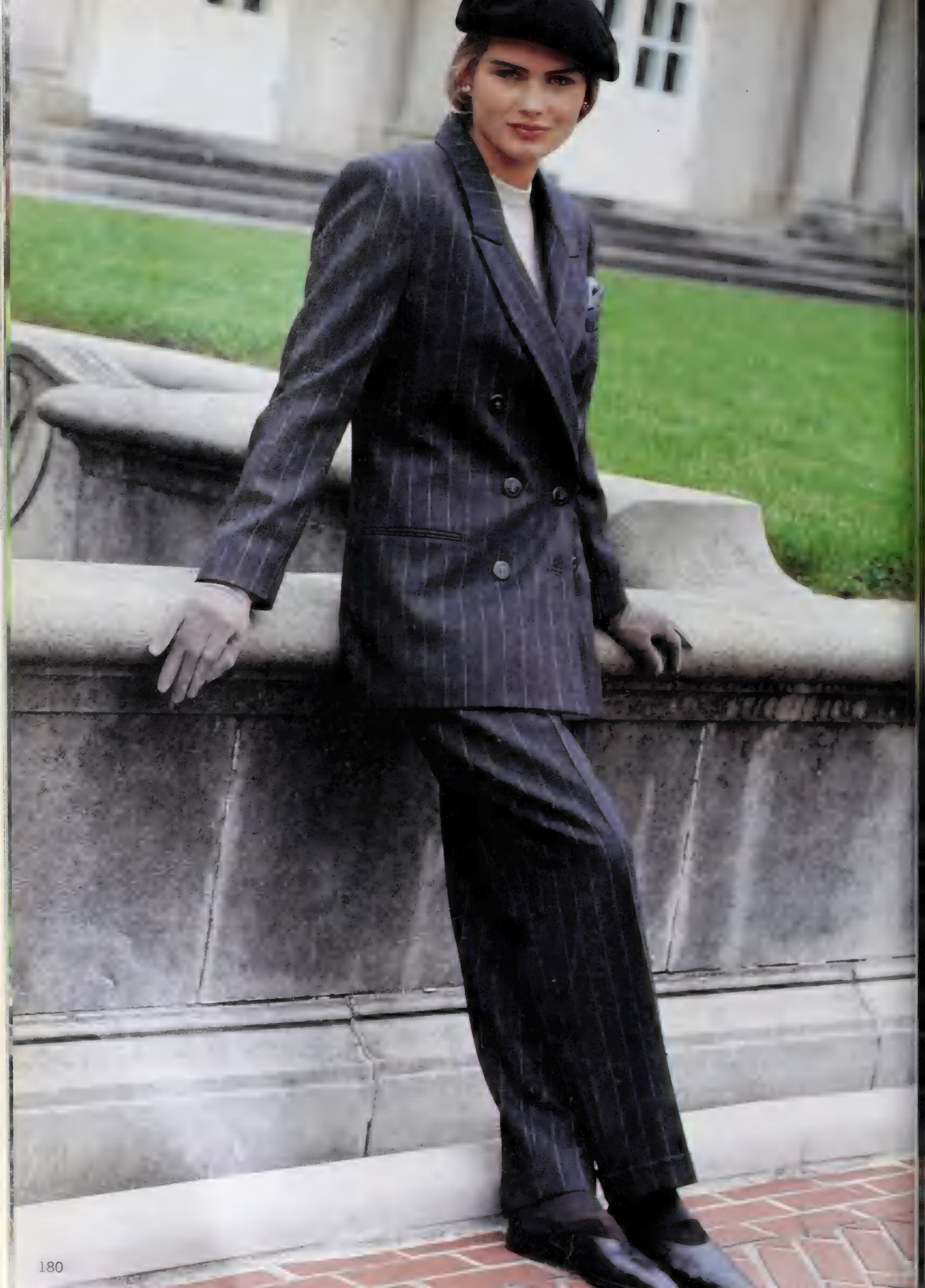






SOMETHING WILD? LEOPARD PRINTS MAKE A POWERFUL STYLE STATEMENT FOR FALL. BUT KEEP THE LOOK IN CHECK BY OPTING FOR JUST ONE OR TWO ACCESSORIES—A JAUNTY TOQUE, FUR-TRIMMED GAUNTLET GLOVES OR A FLOATY SCARF—WORN AS SEXY ACCENTS TO A NEUTRAL OUTFIT. TWO CLASSIC LOOKS YOU'LL LOVE: AT LEFT, A LONG BUTTON-FRONT TAUPE JUMPER IS NO THOUGHT-RE-QUIRED DRESSING WHEN PAIRED WITH A BLACK BASE—IN THIS CASE, A BODY-HUGGING SWEATER AND OPAQUE HOSE. THIS PAGE: NAVY IS MAKING NEWS AGAIN AS A FRESH ALTERNATIVE TO BLACK. TO UPDATE YOUR NAVY TROUSERS, TOP THEM OFF WITH A NAVY TWINSET AND ADD BROWN SUEDE EXTRAS FOR TEXTURAL IMPACT.

Jumper and turtleneck, All Saints; Ralph Lauren, Toque, La Crasia for Blonde; sweater, sizes, Calvin Klein; shoe boots, Paul Gaultier; gloves, La Crasia; ring, bracelet and bangle, Erickson Beamon; scarf, Hobby; belt, Coach; model, Olga, Premiere Paris





SUIT UP. WE'VE SEEN A LOT OF ITEMS IN THE MARKET THAT TAKE THE MENSWEAR THEME TO SILLY EXTREMES. WHAT DOES WORK? SOPHISTICATED SUITS LIKE THESE THAT BORROW HABERDASHERY FABRICS FROM THE BOYS BUT ARE TAILORED TO FLATTER CURVES. LEFT: A GENTLY ROOMY CHALK-STRIPE SUIT WITH PLEATED, CUFFED TROUSERS IS SIMPLY STUNNING. THE CLASSICALLY CUT SUIT AT RIGHT IS TAPERED CLOSE TO THE BODY, AND IN BROWN HERRINGBONE IT'S THE HEIGHT OF FASHION.

Gray suit, J.H. Collectibles; wool pullover, Norma Kamali; shoes, Donna Karan; gloves, Shalimar; clutch, DKNY; earrings, Erwin Pearl; bracelets, Honora; brown suit, Philippe Adec; shirt, DKNY; shoes, Brian Atwood; hat, Dachi; scarf, Hong



COLOR COUNTS: THOUGH NEUTRALS ARE NATURAL CHOICES THIS TIME OF YEAR, CONSIDER COLOR TO GIVE YOUR WARDROBE AN UNEXPECTED SHOT OF ENERGY. THE HUES THAT ARE NEWS? TWO EXTREMES—BRIGHT RED AND BUTTER YELLOW. AT LEFT, A RED WOOL SUIT WITH A RIBBED RED TURTLE MAKES THE MOST OF THIS SPICY SHADE. VARYING FABRICS AND TEXTURES GIVES THE LOOK MORE IMAGINATION. RIGHT: YELLOW'S BOUND TO BE A BEST-SELLER, BOTH FOR ITS NEWNESS AND ITS ABILITY TO FLATTER EVERY SKIN TONE. WE LOVE THE COLOR FOR A PEA COAT—A TOPPER THAT'S A WELCOME CHANGE FROM BLAZERS.

Suit, Kors; sweater, Michii Moon for Sanyo; belt, Coach; shoes, Pupi D'Angieri; pea coat, A-Line Anne Klein; sweater, J.H. Collectibles; tights, DKNY; bag, Longchamp Paris; watch, Peugeot at Viva Time.





KNIT WIT: RIBBED KNITS IN CHOCOLATE BROWN ARE THE WAY TO SHOWCASE A FIT BODY. THIS PAGE: A GET-YOU-NOTICED TWINSET FEATURES A BODY-HUGGING TURTLENECK DRESS AND A HIP-SKIMMING CARDIGAN. A BELT'S ESSENTIAL TO EMPHASIZE A TRIM MIDRIFF; BROWN HOSE AND HIGH HEELS KEEP THE LOOK LEGGY. ANOTHER BODY-STARRING BASIC IN BROWN, RIGHT, IS A TAILORED STRETCH-WOOL TWILL PANTSUIT— SLEEK AS WORKOUT WEAR, BUT WITH A LOT MORE STYLE AND SUBSTANCE.

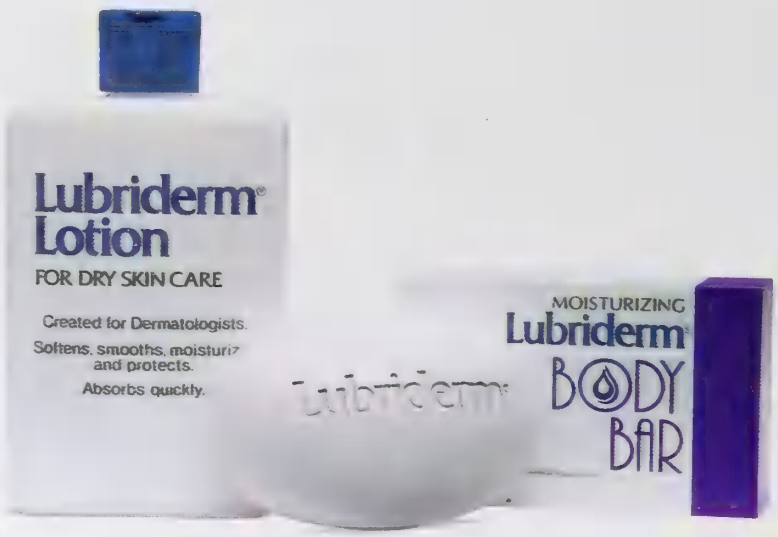
Dress, cardigan, bag, belt and shoes, Adrienne Vittadini; hose, Calvin Klein; glasses, Alain Mikli, watch, Peugeot at Viva Time; suit and hose, Calvin Klein; bodysuit, 525 Made in America; shoes, Cole Haan; hat, Makini. Model, left, Cynthia Clift of Next.



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Bye-Bye, Crocodile.



The LUBRIDERM® Body Bar and
LUBRIDERM Lotion. Think of them as Shampo
and Conditioner for your skin.

A warrior's
most faithful
companion

A Perillo Original



Shown smaller than actual size of 8 1/4" in diameter.

Nightshadow:
Sioux War Pony
by Perillo

the Danbury Mint

©1992 Artaffects, Ltd.

numbered limited first edition collector plate trimmed in 23kt gold

Evening has just begun. Beneath darkened sky, a tired war pony izes as a gentle breeze blows his ne and tail. The day was simply gnificent, for this fine horse has ped distinguish his beloved master ong his Sioux brothers.

Now, world renowned painter and lptor Gregory Perillo has captured power and majesty of the Native erican heritage like never before.

A Limited First Edition

"Nightshadow" has *never before peared on a collector plate.* It is a ited edition created by Artaffects for Danbury Mint. Each hand-numred plate will be accompanied by a matching personalized Danbury Mint Certificate of Authenticity. The edition size will be limited to a maximum of 75 firing days. As a finishing touch, each plate will be trimmed with 23kt gold, and the price is just $27.

No Obligation — No Risk

When you acquire "Nightshadow" you have our *Guarantee of Satisfaction.* You may return your plate for replacement or refund within 30 days.

Perillo's works of art are in great demand...*literally hundreds of thousands of his superb collector plates have been sold worldwide.* To receive the lowest possible serial number, send in your reservation today!

The Danbury Mint
47 Richards Avenue
P.O. Box 4900
Norwalk, CT 06857

Please Reply Promptly

Limit: two plates per collector

Please accept my reservation for **"Nightshadow."** I wish to reserve _____ (1 or 2) plate(s). I need send no money now. I will pay for each plate in two convenient installments of $13.50* each, with the first billed prior to shipment.

*Plus $2.95 per plate for shipping and handling. Any applicable sales tax will be billed with shipment.

☐ Charge each plate in full upon shipment to my:
☐ VISA ☐ MasterCard ☐ Discover ☐ Am.Ex.

Credit Card No. _____ Exp.Date

Signature: _____

Name: _____
Print Clearly

Address: _____

City: _____

State/Zip: _____

Name for Certificate(s) of Authenticity (If different from above)

WPP Allow 4 to 8 weeks after initial payment for shipment.

WHEN JANE AND WALTER JONES DECIDED TO RENOVATE THEIR KITCHEN LAST YEAR, THEY SPARKED A COMMUNITY CRAZE. THREE FAMILIES FROM THE SAME NEW JERSEY NEIGHBORHOOD SHOW LHJ THEIR NEW KITCHEN STYLES—CONTEMPORARY, COUNTRY AND TRADITIONAL—AND TELL HOW THEY MET THE CHALLENGES OF REMODELING

KEEPING UP WITH THE JONESES



Jane and Walter Jones had a vision. The moment they saw the charming turn-of-the-century Dutch colonial three years ago, they knew it would be home—despite the dark spaces inside.

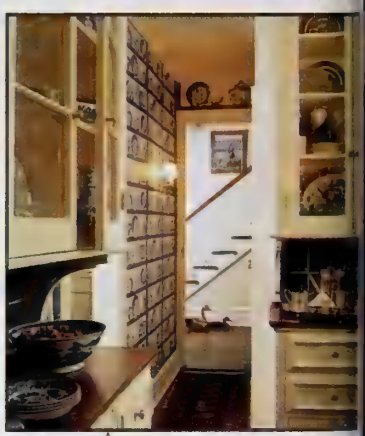
"We fell in love with the house, but the kitchen was a cave," says Jane, a part-time decorative artist. Since the Joneses love to invite friends for dinner, they wanted a spacious kitchen where they could entertain informally. So, with her husband, Walter, a vice-president of a paper company in New Jersey, Jane set out to redefine the space.

While the original kitchen area—a group of four small rooms plus a porch—had been redone in the early 1950s, it was begging to be opened up and refreshed. So the Joneses knocked down the walls between the existing rooms to create a large eat-in kitchen and added four floor-to-ceiling windows and a French door for a sweeping view of their backyard gardens.

Because Jane wanted maximum sunlight and a little bit of whimsy, trompe l'oeil fabric swags painted on wooden valances stand in for traditional curtains. "I love funky, fun things, and these window treatments provide a strong color accent without sacrificing the view."







To save money, Jane handpainted the backsplash to look like ceramic tile and papered the pantry wall with a Delft china motif.

The result: a spirited country kitchen that's perfect for casual entertaining.

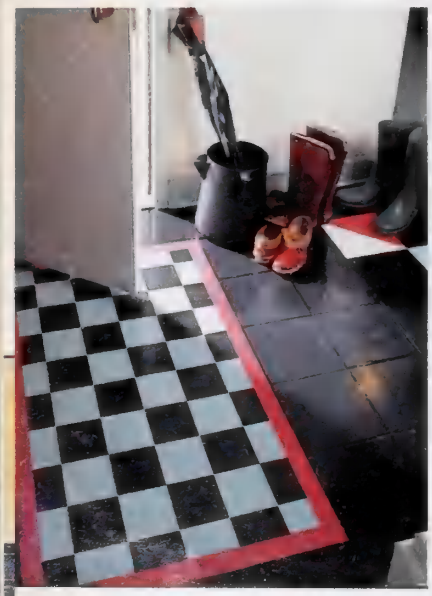
Photos, David Frazier; stylist, Gayle Malles Petersen. All handpainting, Matt Tyrrell, NYC; rugs, Couristan; wallpaper, Mary Gilliatt Faux Finish Encore Collection.



THE JONESES GAVE THEIR NEW KITCHEN CLASSIC COUNTRY TOUCHES—
WITH A PAINTBRUSH. THE RENOVATION TOOK THREE MONTHS



While the Joneses' renovation was under way, next-door neighbors Robin and Sid Abramowitz were trying to figure out how to incorporate a contemporary kitchen into their home, a 1917 carriage house they share with their two children, Dariel, fourteen, and Ari, eight. The couple wanted to replace their 1970s traditional kitchen with one that was sleek, efficient, up-to-date and a snap to keep clean. Their dilemma, however, was more than redesigning the existing kitchen space. Fourteen years ago, the Abramowitzes purchased two side-by-side buildings belonging to a nineteenth-century estate. Originally, they lived in the servants' quarters, a small home with a tiny kitchen in the basement. Then they turned the nearby barn into a more spacious living area, moved over there and made the servants' quarters into a workout room and guest bedrooms. They had always intended to connect the two structures, and when they did, six years ago, the annex became the new kitchen. (The old kitchen is now the laundry room.) "As a result, we had the challenge of designing a long, narrow area," says Robin, a retail-store manager and location scout.





Since the reconstruction was so expensive, Robin and Sid, president of finance for Coffee Trade Services, in New York City, relied largely on the long expanse of floor to make their design statement. They were able to establish three distinct spaces—a side entry hall, a work station and a breakfast nook—by using solid-colored vinyl tiles in varying patterns.

To start, the couple chose a black-and-slate-blue checkerboard design that mimics a welcome mat at the side door. Then they used black tile as a background for the slate-blue squares, thus visually widening the cooking galley. The checkerboard theme was replayed on a larger scale in the eating area for design balance and, says Robin, "because I wanted a floor that wouldn't readily show dirt." They purposely decided against window treatments for the room. "The seasons continuously decorate the eating area," says Robin. "We get a beautiful new look with each changing time of the year."

To keep costs down, Robin and Sid kept all of their old appliances and chose white stock-laminate cabinets and added black rubber knobs from a local hardware store. "When you're dealing with a limited budget," explains Robin, "you're forced to come up with creative ideas that still meet your initial objectives." Originally, they wanted black granite countertops, but then they discovered Lab Resin—the tough substance used for the tabletops in physics labs—at a fraction of the price of the real thing.

Bright table accessories maintain the modern mode, as do the red and turquoise housewares. "Using the floor as our biggest decorating tool was the key to this kitchen's success."

Flooring, Armstrong Components; dishes and napkins, Pier 1 Imports.



ROBIN AND SID ABRAMOWITZ TOOK A LONG, NARROW KITCHEN AND IN SIX WEEKS GAVE IT A BIG PERSONALITY WITH A NEW ARMSTRONG FLOOR THEY DESIGNED THEMSELVES



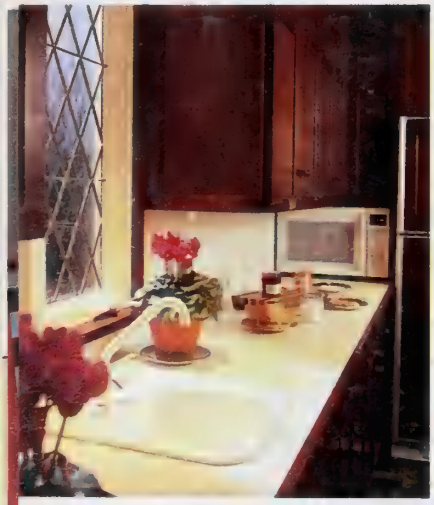
Just around the corner from the Joneses and the Abramowitzes, Terence Blackburn and Kate Dwyer were beginning their long-awaited dream kitchen. Because Kate and Terence and their children, Allegra Blackburn-Dwyer, thirteen, and Brandon Blackburn-Dwyer, eight, had lived in the 1907 stucco Tudor for ten years, the family knew exactly what they wanted by the time they were ready to turn their tiny, make-do kitchen into grand culinary quarters. "The design evolved in our minds as we understood our lifestyle," says Terence, a law professor at Seton Hall University, in New Jersey.

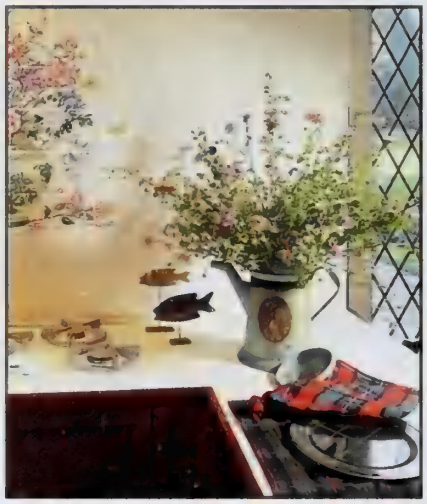
"Our main objective," says Kate, a lawyer, "was to establish several work stations within our newly enlarged space." Explains Terence, the designated family chef, "We wanted to be able to carry on more than one activity at a time, so that I could prepare a family meal or dinner-party fare in one place while the kids made peanut-butter sandwiches in another."

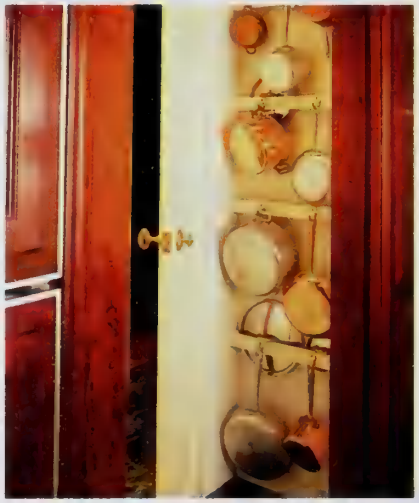
As a result, their new kitchen is comprised of four task centers: the main cooking area; the kids' corner (microwave, toaster, refrigerator and breadbox); a prep counter; and a cleanup spot opposite the stove. Because the couple wanted to keep the look uncluttered, they gave a lot of thought to creating ample storage space for pots and pans. The clever solution: a shallow closet where pots hang behind closed doors yet are easily accessible. A similar-style closet keeps spices neatly stacked.

Because Kate and Terence extended the existing kitchen eight feet from the original back wall of the house, they were concerned about matching the architectural details of the old and the new. "We wanted a logical progression from the formal English style of the rest of the house." To start, they chose dark cherry cabinets, had moldings made to match the originals and added diamond-paned windows like the ones found throughout the house.

Kate and Terence love handpainted tile, so they hired a local artist to design a bouquet of flowers in an antique vase. He also painted a replica of Allegra's period dollhouse on one of the tiles near the children's station.







"From start to finish," says Kate, "the renovation took about six months, during which time we set up a makeshift cooking area in the dining room with a hot plate and microwave."

Now, with everything in its proper place, the Blackburn-Dwyers are again delighting in large-scale entertaining in their typical family style—Terence at the stove, Kate at cleanup and the kids at the refrigerator. "We've managed to create a space we can all gather in," says Terence, "that doesn't have us colliding with one another." PRODUCED BY TAMARA SCHNEIDER. WRITTEN by LESLIE LAMPERT.

Flowers, Twigs, NYC; dishes and placemats, Ralph Lauren Home Collection; counter stools, Virginia House Furniture Corp.; pots and pans, All-Clad; architect, Richard Swann.



KATE DWYER AND TERENCE BLACKBURN TORE DOWN AN OLD-FASHIONED COLD ROOM AND BACK PORCH, AND ADDED TEN FEET TO THE EXISTING KITCHEN SPACE. THEIR QUEST FOR ELEGANCE, SPACIOUSNESS AND COMFORT RESULTED IN THIS GRACIOUS MAKEOVER.

More than $30,000 in cash & prizes!

LHJ ROOM MAKEOVER CONTEST

If you've recently renovated your entire home, or redesigned even just one room, here's your chance to **CASH** in on your efforts. **LADIES' HOME JOURNAL** is sponsoring its first **ROOM MAKEOVER CONTEST**, and you could win money, prizes and the chance to be featured in our magazine.

YOU CAN ENTER IN ANY ONE OF 5 CATEGORIES:

● *Living room/Family room* ● *Kitchen* ● *Bathroom* ● *Bedroom* ● *Any room redesigned to make the most of natural sunlight.* You can enter in as many categories as you want, but win only one. Final entries must be received by February 28, 1993. See page 239 for official rules.

CASH AWARDS

5 Grand-prize winners (one per room category): $5,000
5 Second-prize winners (one per room category): $1,500

WHAT WE'RE LOOKING FOR

LHJ will judge your entry on the overall look, how well the new room reflects your lifestyle, and your use of products and applicances. Any makeover project completed by February 28, 1993, is eligible—no matter how big or small. It's also eligible whether you did the work or hired professional help.

WIN PRIZES

You may also win cash, products or product purchase refunds from co-sponsoring manufacturers whose merchandise you have selected for use in your makeover. (*Look for details in your entry packet.) For example, if you use appliances from a specific manufacturer, you may be eligible for additional awards.

HOW TO ENTER

1. RIGHT NOW: Complete and mail the application for entry, below, or a photocopy (or 3½"x5" card) by September 30, 1992. **(WE'LL SEND YOU THE COMPLETE DETAILS AND ENTRY MATERIALS, ALONG WITH OUR OFFICIAL ENTRY FORM.)**
2. WHEN YOUR PROJECT IS DONE: Send us the final entry form. Get a head start now by saving floor plans, photos of your rooms Before and After, and receipts that could make your project a winner.
3. THE WINNERS: Winners will be selected by a panel of LHJ judges. We will notify all winners by mail, and publish the top winner in each category in our September 1993 issue.

LHJ ROOM MAKEOVER CONTEST
APPLICATION FOR ENTRY

NAME _____
ADDRESS _____
CITY _____
STATE _____ ZIP _____

SEND $2 FOR POSTAGE AND HANDLING FOR YOUR ENTRY PACKET* TO:
Ladies' Home Journal
100 Park Avenue
New York, N.Y. 10017
*No fee required for residents of VT, MD, AZ.

Be sure to check the box(es) that best describes your project(s)
☐ 1. Living Room/Family Room ☐ 2. Kitchen ☐ 3. Bathroom ☐ 4. Bedroom
☐ 5. Any room designed to make the most of natural sunlight

PLEASE DO NOT SEND PHOTOS OR PROJECT PLANS WITH THIS APPLICATION FOR ENTRY. SEND ONLY ONE ENTRY PER FAMILY. (Allow six weeks for delivery of final entry packet.)

CONTEST CO-SPONSORS
Andersen Windows
*Armstrong
Fieldcrest/Cannon
Frigidaire Major Appliances
*Hunter Douglas
*KitchenAid
*M.I. Hummel
*Pfaltzgraff China
Royal Appliances/Dirt Devil
*Look for additional awards by these co-sponsors ranging in value from $100 to $5,000 when you receive your complete entry packet. These additional prizes are void in VT, MD, AZ.

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PEERLESS® FAUCET

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The Only Rice That Grew Into A Legend

LEGEND HAS IT that a very dedicated rice farmer set out to grow a rice that was so good, he'd be proud to put his name on it.

Well, fifty years later, that very same quality can be found in every box of *Uncle Ben's*® *Converted*® Brand Rice.

Everyone knows that *Uncle Ben's*® *Converted*® Brand Rice is special because of the way it tastes.



Not everyone knows why. Unlike ordinary rice, *Uncle Ben's*® *Converted*® Brand Rice steam seals most of the natural nutrients into every grain. The steam also removes excess starch, so it always cooks up light and separate, never sticky.

And, being the perfectionists that we are, Uncle Ben's insists that each and every grain be inspected, making sure that all the rice is perfect. Perfect in every form: Original, Fast Cook, and Boil-In-Bag.

INSPECTED BY 14

The way times change, it's nice to know that quality like that hasn't changed one bit. Come to think of it, it's that kind of quality that made *Uncle Ben's*® *Converted*® Brand Rice more than just a part of American cooking, but part of a legend, as well.



UNCLE BEN'S REALLY DOES MAKE A DIFFERENCE.™





© Uncle Ben's, Inc. 19

FOOD JOURNAL



MY MOMMY'S A GREAT COOK

AND A RESTAURATEUR AND WRITER, TOO! MEET MULTITALENTED JENIFER LANG, WHO SHARES HER RECIPES FOR FOOD AND SUCCESS

DINNER'S READY— THE BEST 30-MINUTE MEALS

PRESSED FOR TIME? IT DOESN'T MEAN YOU HAVE TO SETTLE FOR MEDIOCRE MEALS. HERE, GREAT SUPPERS THAT COOK UP IN NO TIM

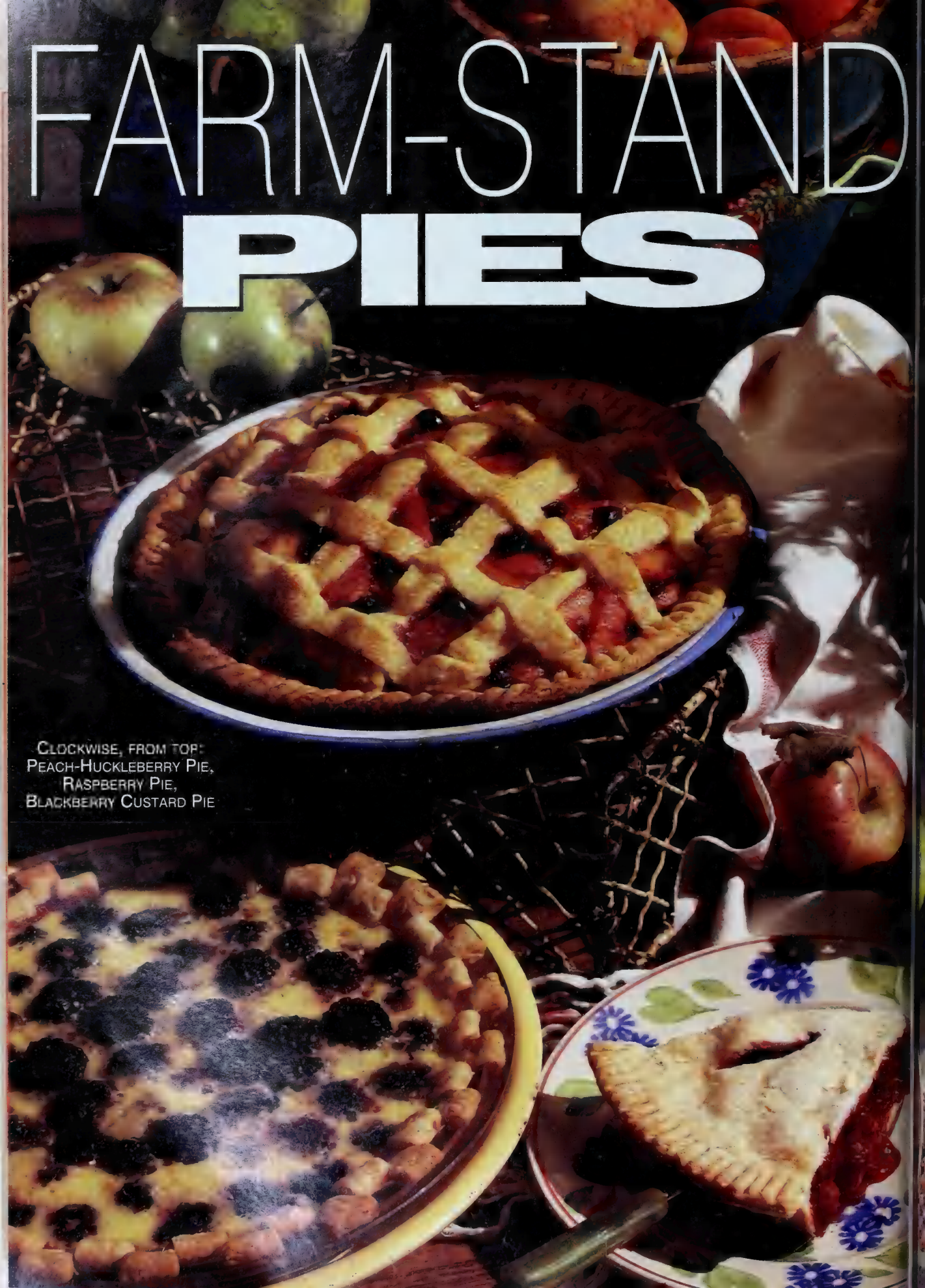
FARM-STAND PIES

ENJOY THE FRUITS OF AUTUMN'S HARVEST WITH A DELIGHTFUL SELECTION OF PIES FROM THE COUNTRY'S BEST FARMS

50 WAYS TO USE YOUR MICROWAVE

OUR LITTLE REMINDER OF THE DOZENS OF SPEEDY REASONS TO TAKE ADVANTAGE OF EVERYONE'S FAVORITE APPLIANCE

FARM-STAND PIES



Clockwise, from top: Peach-Huckleberry Pie, Raspberry Pie, Blackberry Custard Pie



Dutch Apple Custard Pie, Peach Pie

THE BEST-TASTING FRUIT COMES STRAIGHT FROM THE FARM—PICKED AT ITS PEAK, SWEET AS CAN BE—AND, NOT SURPRISINGLY, THE BEST PIES COME FROM THE SAME PLACE. WE SEARCHED THE COUNTRY FOR FAMILY FARMS TO SHARE THE SECRETS OF THEIR SUCCESS: SIMPLY TAKING THE CREAM OF THE CROP AND BAKING IT TO PERFECTION. THE GOODNESS IS GUARANTEED

○ Easy ● Challenging ▼ Low-fat
◒ Moderate Ⓜ Microwave ▽ Low-calorie

Twin Hill Ranch
1689 Pleasant Hill Road, Sebastopol, California; 707-823-2815

At this Sonoma County apple ranch started by her father, Darolyn Davis oversees the baking of one hundred pies a day. The biggest seller is French apple pie, made with the Fuji variety grown on the ranch.

FRENCH APPLE PIE

FOOD EDITOR'S CHOICE

Prep time: 35 minutes plus chilling ◒
Baking time: 65 to 70 minutes

Crust
- 1 cup all-purpose flour
- 3/4 teaspoon sugar
- 1/4 teaspoon baking powder
- 1/4 teaspoon salt
- 1/4 cup cold butter or margarine, cut up
- 1 teaspoon white vinegar
- 2 to 3 tablespoons ice water

French Topping
- 1/2 cup sugar
- 1/2 cup old-fashioned oats
- 1/4 cup flour
- 1/2 teaspoon baking powder
- 1/4 teaspoon cinnamon
- 1/4 teaspoon ground ginger
- 1/8 teaspoon mace
- 1/2 cup cold butter, cut up (no substitutions)

Filling
- 1/2 cup sugar
- 1 teaspoon cinnamon
- 3 pounds baking apples, peeled, cored and sliced thin

Crust: Combine dry ingredients. With pastry blender, cut in butter until mixture resembles coarse crumbs. Sprinkle with vinegar, then water, 1 tablespoon at a time, tossing with fork just until pastry holds together. Shape into ball; flatten into disk. Wrap and refrigerate at least 1 hour.

French Topping: Meanwhile, combine all ingredients except butter in medium bowl. With pastry blender or 2 knives, cut in butter until mixture resembles coarse crumbs. Set aside.

Preheat oven to 400°F. On floured surface, roll pastry into 12-inch circle. Fit into 9-inch pie plate; trim and flute edge.

Filling: Combine sugar and cinnamon in large bowl. Add apples and toss to coat. Spoon filling into prepared pie shell. Sprinkle topping evenly over apples. Bake 15 minutes. Reduce oven temperature to 375°F. Bake 50 to 55 minutes more, until apples are tender. (If topping browns too quickly, cover loosely with foil.) Cool on wire rack. Makes 8 servings.

Per serving		Daily goal
Calories	425	2,000 (F), 2,500 (M)
Total fat	18 g	60 g or less (F); 70 g or less (M)
Saturated fat	11 g	20 g or less (F); 23 g or less (M)
Cholesterol	47 mg	300 mg or less
Sodium	284 mg	2,400 mg or less
Carbohydrates	65 mg	250 g or more
Protein	3 g	55 g to 90 g

Wellens' Luscious Fruit and Antiques
North 16420 Sands Road, Mead, Washington; 509-238-6978

During Oktoberfest in the fruit-growing region of Green Bluff, near Spokane, Anne Wellens sells three hundred pies in a weekend on her and her husband's forty-acre farm. The cream of the crop? Her peach-huckleberry pie, made with homegrown peaches and picked-in-the-wild berries.

PEACH-HUCKLEBERRY PIE

TEST-KITCHEN FAVORITE

Prep time: 1 hour plus chilling ◒
Baking time: 50 to 55 minutes

Cookie Crust
- 2 1/4 cups all-purpose flour
- 1/2 cup sugar
- 2 teaspoons grated lemon peel
- Pinch salt
- 3/4 cup cold butter or margarine, cut up
- 2 large egg yolks
- 4 tablespoons cold water
- 1/2 teaspoon vanilla extract

Filling
- 3/4 cup sugar
- 3 tablespoons quick-cooking tapioca
- 1/4 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/8 teaspoon salt
- 4 cups peeled, sliced peaches
- 2 cups huckleberries or blueberries
- 1 teaspoon fresh lemon juice

Crust: Combine flour, sugar, lemon peel and salt in medium bowl. With pastry blender, cut in butter until mixture resembles coarse crumbs. Whisk yolks, water and vanilla in small bowl. Sprinkle onto flour mixture 1 tablespoon at a time, tossing just until pastry holds together. Knead lightly, then shape pastry into 2 balls, one slightly larger than the other. Flatten into disks. Wrap and refrigerate 1 hour.

Preheat oven to 400°F. Roll larger pastry disk between 2 sheets of floured wax paper into 12-inch circle. Fit into 9-inch pie plate and trim edge. Bake 10 minutes. Cool on wire rack.

Filling: Meanwhile, combine sugar, tapioca, cinnamon, nutmeg, salt and peaches in large saucepan. Bring to boil, stirring, over high heat. Remove from heat; stir in berries and lemon juice. Cool slightly.

Roll remaining pastry between 2 sheets of floured wax paper into 10-inch circle. With fluted pastry cutter or sharp knife, cut circle into 1/2-inch-wide strips. Spoon filling into prepared pie shell. Arrange strips over filling 1 inch apart in lattice pattern; trim edge. Bake 10 minutes. Cover edge with foil to prevent overbrowning. Bake 30 to 35 minutes more, until filling is bubbly. Cool on wire rack. Makes 8 servings.

Per serving		Daily goal
Calories	485	2,000 (F), 2,500 (M)
Total fat	19 g	60 g or less (F); 70 g or less (M)
Saturated fat	11 g	20 g or less (F); 23 g or less (M)
Cholesterol	100 mg	300 mg or less
Sodium	232 mg	2,400 mg or less
Carbohydrates	76 mg	250 g or more
Protein	5 g	55 g to 90 g

TEST-KITCHEN TECHNIQUES

Freeze!

Freezing fruit pies unbaked preserves the freshest flavor. Make fruit filling as usual, adding an extra tablespoon of thickener per pie. Finish the pie, but do not cut vents in top crust. Wrap well in freezer wrap and freeze up to three months.

To bake a frozen pie, preheat oven. Unwrap pie, place on a cookie sheet and cut vents. Bake unthawed, adding 15 to 20 minutes to the baking time in the recipe.

To freeze a baked fruit pie, cool completely and wrap well in freezer wrap. Freeze up to three months. Thaw at room temperature 30 minutes. Unwrap and bake in preheated 350°F. oven 30 minutes.

Meadow View Farm Market
371 Bowers Road (at Bastian Road), Kutztown, Pennsylvania

In this Mennonite community, Alma Weaver rises early every Saturday morning between June and November to bake twelve pies to sell at the stand on her family's farm. After one taste of Alma's spicy Dutch apple pie in a whole wheat crust, you'll definitely want another.

DUTCH APPLE CUSTARD PIE

Prep time: 25 minutes plus chilling
Baking time: 50 minutes

Whole Wheat Crust
- 1 cup all-purpose flour
- 2 tablespoons whole wheat flour
- 1/2 teaspoon baking powder
- 1/4 cup shortening
- 4 to 5 tablespoons ice water

Filling
- 3/4 cup firmly packed brown sugar
- 3 tablespoons all-purpose flour
- 1/4 teaspoon cinnamon
- 1 large egg
- 1 cup heavy or whipping cream
- 1 tablespoon melted butter
- 1 teaspoon vanilla extract
- 3 cups peeled, cored, thinly sliced tart baking apples (Winesap, Stayman, Granny Smith)

Crust: Combine both flours and baking powder in bowl. With pastry blender, cut shortening until mixture resembles coarse crumbs. Sprinkle with water 1 tablespoon at a time, tossing just until pastry holds together. Shape into ball; flatten into disk. Wrap and refrigerate 1 hour.

Filling: Preheat *(continued on page 2)*



Big Raves

With Easy Little Cheese Cakes.*







MINI-CHEESECAKES

(Makes 12)

12 vanilla wafers
2 8 oz. packages cream cheese
½ c. sugar
1 tsp. vanilla
2 eggs

Line muffin tin with foil liners.

Place one vanilla wafer in each liner. ◊ Mix cream cheese,vanilla and sugar on medium speed until well-blended. ◊ Add eggs. Mix well. Pour over wafers, filling ¾ full. Bake 25 min. at 325°.

Remove from pan when cool. ◊ Chill. ◊ Top with fruit, preserves, nuts or chocolate. ◊ Be creative!

*Actual size is cupcake size.

America's Dairy Farmers
© National Dairy Board





Without a mountain, our label wouldn't be the same. Neither would our coffee's aroma.

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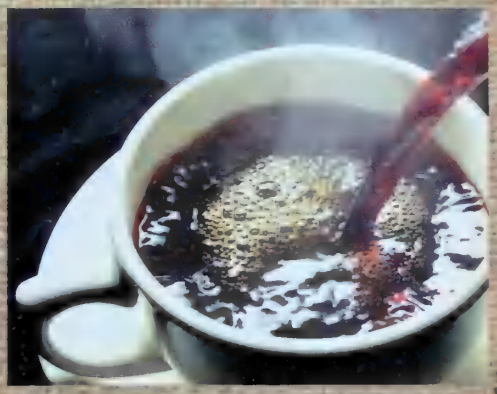
Mountain-grown beans. The world's richest, most aromatic kind.

It's where Folgers starts.

But not where it stops.

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olgers. Aroma so rich you can taste it.

continued from page 202

oven to 425°F. Combine brown sugar, flour and cinnamon in large bowl. Whisk in egg, cream, butter and vanilla until blended. Add apples; toss.

On floured surface, roll pastry into 12-inch circle. Fit into 9-inch pie plate; trim and flute edge. Spoon filling into prepared pie shell. Bake 10 minutes. Reduce oven temperature to 350°F. Bake 40 minutes more or until custard is set in center. Cool on wire rack. Makes 8 servings.

Per serving		Daily goal
Calories	360	2,000 (F), 2,500 (M)
Total fat	20 g	60 g or less (F); 70 g or less (M)
Saturated fat	10 g	20 g or less (F); 23 g or less (M)
Cholesterol	71 mg	300 mg or less
Sodium	67 mg	2,400 mg or less
Carbohydrates	43 mg	250 g or more
Protein	4 g	55 g to 90 g

Behrend's Fresh Fruits and Vegetables
Highway 281, Blanco, Texas;
512-833-4486

For her peach pie, Darlene Behrend uses Dixieland, Cling and Freestone varieties as each comes into season. "My favorite is Dixieland, which we have in late July, but any firm peach will do." She thickens the filling with tapioca, because "I like the taste, and my customers do, too."

PEACH PIE

Prep time: 30 minutes plus standing
Baking time: 1 hour

5 cups peeled, sliced fresh peaches
3/4 cup sugar
3 tablespoons quick-cooking tapioca
1/4 teaspoon cinnamon
Your pastry recipe for double-crust pie

Preheat oven to 400°F. Combine peaches, sugar, tapioca and cinnamon in large bowl; toss. Let stand 10 minutes.

On floured surface, roll half the pastry into 12-inch circle. Fit into 9-inch pie plate, leaving 1-inch overhang Spoon filling into pie shell. Roll remaining pastry into 10-inch circle. With fluted pastry wheel or sharp knife, cut pastry into 3/4-inch-wide strips. Carefully arrange strips on fruit 1 inch apart in lattice pattern; trim edge and flute. Bake 1 hour or until filling is bubbly. (If pastry browns too quickly, cover loosely with foil during last 5 minutes of baking) Cool on wire rack. Makes 8 servings.

Per serving		Daily goal
Calories	385	2,000 (F), 2,500 (M)
Total fat	16 g	60 g or less (F); 70 g or less (M)
Saturated fat	7 g	20 g or less (F); 23 g or less (M)
Cholesterol	20 mg	300 mg or less
Sodium	353 mg	2,400 mg or less
Carbohydrates	55 mg	250 g or more
Protein	4 g	55 g to 90 g

Gillespie Farms
Route 9, North Yarmouth, Maine;
207-829-5610

Theresa Gillespie's recipe for raspberry pie is adapted from a recipe in her grandmother's old cookbook. The surprising addition of fruit pectin (the ingredient used to thicken jams and jellies) helps the berries retain their just-picked taste.

RASPBERRY PIE

Prep time: 35 minutes plus chilling
Baking time: 45 to 50 minutes

3 tablespoons powdered fruit pectin (regular)
1 cup sugar
1/4 cup water
3 cups fresh raspberries
Your pastry recipe for double-crust pie

Preheat oven to 425°F. Combine pectin, sugar and water in large bowl; stir. Gently stir in raspberries. Let stand 10 minutes.

On floured surface, roll half the pastry disk into 12-inch circle. Fit into 9-inch pie plate, leaving 1-inch overhang. Spoon filling into pie shell. Roll remaining pastry into 10-inch circle. Moisten edge of bottom pastry with water; cover with top pastry. Trim edge and press with tines of fork. With sharp knife, cut 3 small vents on top. Bake 15 minutes. Reduce oven temperature to 350°F. Bake 30 to 35 minutes more, until filling is bubbly. Cool on wire rack. Makes 8 servings.

Per serving		Daily goal
Calories	385	2,000 (F), 2,500 (M)
Total fat	17 g	60 g or less (F); 70 g or less (M)
Saturated fat	7 g	20 g or less (F); 23 g or less (M)
Cholesterol	20 mg	300 mg or less
Sodium	216 mg	2,400 mg or less
Carbohydrates	57 mg	250 g or more
Protein	4 g	55 g to 90 g

Eckert's Country Store and Farms
3101 Greenmount Road, Belleville, Illinois; 618-233-0513

Blackberry pie, plain or custard, is a favorite at Eckert's Farms, a family business since 1910. In this German custard pie, a regional specialty, a custard forms on the bottom during baking, while the luscious berries float to the top.

BLACKBERRY CUSTARD PIE

Prep time: 20 minutes plus chilling
Baking time: 68 to 73 minutes

Your pastry recipe for single-crust pie
2 tablespoons all-purpose flour
3/4 cup plus 2 tablespoons sugar
2 large eggs, lightly beaten
1 cup milk
3 cups blackberries

Preheat oven to 400°F. On floured surface, roll pastry into 12-inch circle. Fit into 9-inch pie plate, trim edge. (For decorative edge, cut slits around pastry edge at 1/2-inch intervals. Fold alternate strips inward.) Line pastry with foil; fill with uncooked beans. Bake 10 minutes. Remove foil and beans. (Reserve beans for your next pastry.) Bake 3 minutes more. Cool on rack.

Combine flour and sugar in bowl. Whisk in eggs and milk. Arrange berries on crust. Pour egg filling over fruit in pie shell. Bake 10 minutes. Reduce oven temperature to 350°F. Bake 45 to 50 minutes more, until knife inserted in center comes out clean. Cool on rack. Makes 8 servings.

Per serving		Daily goal
Calories	280	2,000 (F), 2,500 (M)
Total fat	10 g	60 g or less (F); 70 g or less
Saturated fat	4.5 g	20 g or less (F); 23 g or less
Cholesterol	69 mg	300 mg or less
Sodium	143 mg	2,400 mg or less
Carbohydrates	44 mg	250 g or more
Protein	5 g	55 g to 90

Who made the crust?

Prepared crusts will make p baking a lot easier. The type shortening used in these nation brands varies, so read the labels find your preference.

■ ***Pet-Ritz Frozen Pie Crust***
This crust is the quickest to pr pare. It requires no rolling, available in regular and deep-dis sizes and comes in its own pan. Drawbacks: The crust can crac easily, causing the filling to lea the crust is then difficult to r move. It's also awkward to make double-crust pie with two pr formed crusts. The foil pan flimsy; for best results, place th pan on a cookie sheet. The 9-inc crust may be too small for yo filling; try the deep-dish siz Suggested retail price for two-cru package: $1.39 for 9-inch pie, $1.7 for 9-inch deep-dish pie.

■ ***Pillsbury All Ready Refrigerated Pie Crust***
This comes with two rolled-o crusts folded in quarters. Th crust is fairly sturdy and does n require more rolling. The packa includes directions for easy dec rative edges, and because you u your own pan, your pie will loo homemade. It can be easily fitte into a tart pan or shaped in turnovers.
Drawbacks: The dough is a b salty, and you must use your ow pan. Suggested retail price f two-crust package: $2.09.

■ ***Betty Crocker Pie Crust Mix***
Just add water to this shelf-stap product to make a double-cru pie. You can also add flavorings the dough, such as ground nu shredded cheese, spices or lemo peel. If you enjoy rolling doug this crust is for you: You ca shape it into a traditional p shell, tart shell or turnover.
Drawbacks: You need a rolling p and your own pan, and this o takes some time to prepare.
Suggested retail price for tw crust package: $1.39.

Other Kid Pleasers.



Pork and Taters.

Bake 4 potatoes. Make your favorite chili recipe with cubed pork loin. Split open hot baked potatoes, spoon in one cup pork chili – top with shredded cheese and sour cream, if you like.



Sweet Pork Kabobs.

Cut leftover pork roast into 1" cubes, and put on skewers, alternating with oranges, strawberries, pineapple chunks and squares of green pepper. Mix one part mustard with two parts honey for a tangy dipping sauce.

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Kids love the taste of today's pork. They don't care beans that it's good for them. But Moms appreciate the fact that today's pork is 31% leaner and 14% lower in calories than it was only 10 years ago. Yet it's packed with protein.

Here are just a few tasty ideas that are so easy the kids can help. Cut a pound of boneless pork loin into thin strips. Heat 1 t. oil in a non-stick skillet. Add pork and 2 thawed pkgs. frozen cut green beans, 1/2 c. peanuts and your favorite stir-fry sauce.* Serve with fruit or steamed rice.

For more pork recipes, send a self-addressed, stamped business-size envelope to: RECIPES-AD, BOX 10383, Des Moines, IA 50306.

* In the Chinese section of your grocery.



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JENIFER LANG AND HER FIVE-YEAR-OLD SON, SIMON

"MY MOMMY'S A GREAT COOK"

JENIFER LANG, A WRITER, RESTAURATEUR AND MASTER CHEF, SHARES THE INGREDIENTS OF HER BUSY LIFE AT WORK AND AT HOME—AND FAVORITE RECIPES, TOO!

When I grow up, I want to be a cook, just like my mom and dad," announces Simon Lang, the proud son of Jenifer and George Lang, who own and operate the seventy-five-year-old Café Des Artistes, one of the most popular restaurants in New York City.

"My favorite dinner to make with Mom is Peanut Butter Noodles. You don't have to cook the sauce, so I can mix the peanut butter, soy sauce and other stuff all by myself." boasts Simon.

Jenifer, who is the Managing Director of Café Des Artistes, thrives on being around food, friends and family. And on most days she surrounds herself with all *(continued)*





CHICKEN BOUILLABAISSE

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KIKKOMAN

/ mommy's a great cook"

nued

le. Each morning begins at six-thirty rivate playtime with Simon. By nine- y, she's in her office—just down the k from the restaurant—tending to the day's agenda.

'm like the captain of the ship," ex- ns Jenifer, who began running the urant nearly two years ago. From con- ng with the chef on the daily menu to ing sure all systems run smoothly, fer's day is a busy one. But she often s a side trip home to have lunch with on. "I never get uptight about what ats," she explains. "I just go with the when it comes to his food choices," says—an attitude that inspired her to e *Jenifer Lang Cooks With Kids* mony Books).

t Café Des Artistes, which George has ed since 1975, the menu changes daily rding to what foods are in season. fer describes the food as classic, not dy. "We serve food that's comfortable, you can appreciate with your stom- " she says. Homey offerings include cken Bouillabaisse and Bouride with i (fish casserole).

ut the Langs' hospitality hardly stops n the Café closes. Entertaining at r New York City apartment, the gs pay as much attention to detail at r private parties as they do in their aurant. "The evening should be ex- rdinary," says Jenifer, "with no inter- ions in service or preparations. That ns everything must be set out before guests arrive, including each course's es and flatware, all garnishes, and the ee setup." Hungarian cuisine is often treat, with Veal Paprikas being a fa- te of many guests.

o matter where they entertain, the gs agree that it's always an honor to r an apron. "It's never who *has* to cook ur house," says Jenifer, "it's who *gets* ook."

—LESLIE LAMPERT

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ON SAYS . . . NOODLES



is a milder version of Chinese sesame dles. Use any pasta shape that strikes —or your children's—fancy.
time: 5 minutes ○

Cooking time: 10 minutes

1/4 cup creamy peanut butter
1/4 cup chicken broth
2 teaspoons reduced-sodium soy sauce
2 teaspoons rice vinegar
1 teaspoon honey
1/2 teaspoon freshly grated ginger
2 teaspoons chopped chives
1 1/2 cups dried pasta (ruffles or elbow macaroni), cooked

In blender, combine peanut butter, chicken broth, soy sauce, vinegar, honey and ginger; puree until smooth. Makes 1/2 cup.

Toss cooked pasta with peanut sauce and chives. Serve hot, cold or at room temperature. Makes 2 cups.

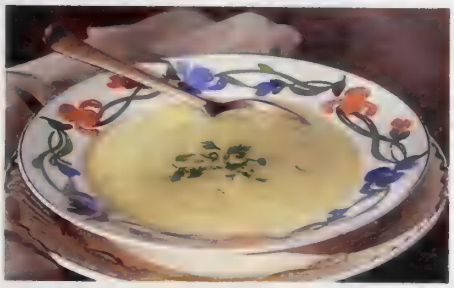
Per cup		Daily goal
Calories	500	2,000 (F), 2,500 (M)
Total fat	18 g	60 g or less (F); 70 g or less (M)
Saturated fat	3 g	20 g or less (F); 23 g or less (M)
Cholesterol	0 mg	300 mg or less
Sodium	503 mg	2,400 mg or less
Carbohydrates	68 mg	250 g or more
Protein	20 g	55 g to 90 g

Menu

Dinner Party for Six

Chilled Dill Squash Soup
Cucumber Salad
Veal Paprikas
Pancakes à la Gundel

CHILLED DILL SQUASH SOUP



In September, summer squash is in bountiful supply. What better way to use this versatile vegetable than in a creamy chilled soup?
Prep time: 20 minutes plus chilling ○
Cooking time: 40 minutes

2 tablespoons vegetable oil
1/2 cup chopped onion
1/3 cup chopped celery
1/3 cup chopped carrot
1 1/2 pounds yellow summer squash, cut into 1/2-inch cubes (4 1/2 cups)
3/4 cup diced all-purpose potato
2 1/2 cups water
1 can (13 3/4 or 14 1/2 oz.) chicken broth
1 can (13 3/4 or 14 1/2 oz.) beef broth
2 tablespoons chopped fresh dill
1/2 cup heavy or whipping cream
1/2 teaspoon salt
1/4 teaspoon freshly ground pepper
Chopped fresh dill, for garnish

Heat oil in large saucepan over medium heat. Add onion, celery and carrot; cook until tender, 4 minutes. Add squash; cover and cook 5 minutes. Stir in *(continued)*

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BUFFALO CHICKEN WINGS

30 chicken drummettes or 20 chicken wings (tips discarded)
3 tablespoons Kikkoman Lite Soy Sauce
2 tablespoons hot pepper sauce
Light Onion Dip*

Rinse chicken and pat dry; place in large plastic food storage bag with mixture of lite soy sauce and pepper sauce. Press air out of bag; close top securely. Refrigerate 15 minutes, turning bag over occasionally. Reserving marinade, place chicken, side by side, on large rack on foil-lined baking sheet. Bake in 425°F oven 25 minutes. Turn chicken over, baste with reserved marinade and bake 25 minutes longer. Serve with Light Onion Dip. Makes 4 to 6 appetizer servings.

**Light Onion Dip: Blend 3/4 cup light sour cream, 2 Tbsp. minced green onions and 1 teaspoon Kikkoman Lite Soy Sauce.*



potato, water, and chicken and beef broths. Bring to boil; reduce heat and simmer until potato is tender, 30 minutes.

In blender, puree soup in batches until smooth. Transfer all soup to large bowl. Add dill, cream, salt and pepper. Partially cover and refrigerate until chilled, at least 2 hours. Serve in chilled cups and garnish with dill. Makes 8 cups.

Per cup		Daily goal
Calories	130	2,000 (F), 2,500 (M)
Total fat	10 g	60 g or less (F); 70 g or less (M)
Saturated fat	4 g	20 g or less (F); 23 g or less (M)
Cholesterol	20 mg	300 mg or less
Sodium	639 mg	2,400 mg or less
Carbohydrates	8 mg	250 g or more
Protein	2 g	55 g to 90 g

CUCUMBER SALAD

The Langs make their cucumber salad with vinegar, although many Hungarians use sour cream. The beauty of this recipe is in its simplicity and clean, refreshing taste.
Prep time: 15 minutes plus standing ▼ ▽ ○

3 large cucumbers, peeled, halved lengthwise, seeded and sliced thin
1 teaspoon salt
1/2 cup thinly sliced onion
2 teaspoons sugar
1 teaspoon sweet Hungarian paprika
2 tablespoons distilled vinegar
1/4 cup water

Combine cucumber slices and salt in large bowl; toss to coat. Let stand for 30 minutes.

Meanwhile, place sliced onion in bowl with ice and water to cover. Let stand 30 minutes. Drain and pat dry. Squeeze excess liquid from cucumber; discard liquid. Combine sugar, paprika, vinegar and water in medium bowl. Add drained onion and cucumbers; toss well. Cover and refrigerate 20 minutes before serving Makes 3 cups.

Per 1/2 cup		Daily goal
Calories	30	2,000 (F), 2,500 (M)
Total fat	0 g	60 g or less (F); 70 g or less (M)
Saturated fat	0 g	20 g or less (F); 23 g or less (M)
Cholesterol	0 mg	300 mg or less
Sodium	282 mg	2,400 mg or less
Carbohydrates	7 mg	250 g or more
Protein	1 g	55 g to 90 g

VEAL PAPRIKAS



This delicate Hungarian classic is a favorite of Jenifer's. Fresh Hungarian paprika is a powdered vegetable rather than merely a coloring agent. (You can find it in many supermarkets, under the Szeged brand.)
Prep time: 20 minutes ○
Cooking time: 1 hour 20 minutes

2 tablespoons vegetable oil
3/4 cup minced onion
3 pounds veal stew meat, cut into 1-inch pieces
1 1/2 teaspoons minced garlic
1 tablespoon sweet Hungarian paprika
2 teaspoons salt
1 green pepper, cut into 1/4-inch dice
1 cup canned whole tomatoes, drained and chopped
1 cup sour cream
1 tablespoon flour
1 pound wide egg noodles, cooked

Heat oil in large saucepan over low heat. Add onion and cook until golden, 7 minutes. Stir in veal, garlic, paprika and salt. Cover and cook, stirring occasionally, over very low heat, until most of the liquid is evaporated, 20 minutes. (If pan gets dry, add a few tablespoons of water.) Add pepper and tomatoes. Cook covered until meat is tender, 70 minutes. *(Can be made ahead. Cover and refrigerate up to 2 days. Reheat, stirring, over medium heat until hot.)*

Combine sour cream and flour in small bowl. Stir into veal mixture during the last 5 minutes of cooking. Adjust seasonings. Serve with egg noodles. Makes 7 cups.

Per cup		Daily goal
Calories	590	2,000 (F), 2,500 (M)
Total fat	19 g	60 g or less (F); 70 g or less (M)
Saturated fat	7 g	20 g or less (F); 23 g or less (M)
Cholesterol	240 mg	300 mg or less
Sodium	878 mg	2,400 mg or less
Carbohydrates	53 mg	250 g or more
Protein	50 g	55 g to 90 g

PANCAKES À LA GUNDEL



Indulgent but worth it *This dessert is named after George's restaurant, Gundel, which opened in Budapest in May. Don't be intimidated—the crepes, chocolate sauce and filling can be prepared ahead.*
Prep time: 45 minutes plus standing ◒
Cooking time: 10 minutes

Pancakes
1 1/4 cups all-purpose flour
1 teaspoon sugar
Pinch salt
1 cup milk
3 large eggs
1 cup club soda or seltzer
1/4 cup butter, clarified*

Walnut Filling
1/2 cup half-and-half cream
2 cups walnuts, ground
1/2 cup sugar
1/4 cup finely chopped raisins
2 tablespoons light rum
1 teaspoon grated orange peel

Chocolate-Rum Sauce
3/4 cup milk
3 large egg yolks
2 tablespoons sugar
2 tablespoons unsweetened cocoa
4 ounces semisweet chocolate, melt
2 tablespoons light rum
1 tablespoon butter

1/4 cup butter

Pancakes: Combine flour, sugar and s medium bowl. Make a well in center; pa milk and eggs and whisk until smooth. C and let stand 1 to 2 hours. Just before c ing, stir in club soda.

Heat 8-inch nonstick skillet over m um-high heat. Brush with clarified bu Ladle scant 1/4 cup batter into skillet, ping to coat bottom of pan. Cook golden. Turn pancake over and co seconds more. Transfer to plate. Re with remaining butter and batter, stac cooked pancakes. *(Can be made ah Wrap cooled pancakes and refrigerat to 2 days.)* Makes about 16 pancakes.

Walnut Filling: Bring cream to simme medium saucepan. Add remaining ingr ents and simmer 1 minute. Makes 1 2/3 c

Chocolate-Rum Sauce: Bring milk to bo medium saucepan. Meanwhile, whisk yolks with sugar and cocoa in small b Gradually whisk hot milk into yolks. Re mixture to saucepan and cook over heat, stirring constantly, just until mix thickens slightly and coats back of sp 7 minutes. (Do not boil.) Stir in me chocolate, rum and butter. *(Can be m ahead. Cool. Cover and refrigerate u 24 hours. Reheat in double boiler over mering water.)* Makes 1 1/2 cups.

Spread 2 tablespoons walnut fillin center of each of 12 pancakes and into quarters. *(Can be made ahead. P crepes in single layer on cookie sheet l with wax paper. Cover and refrigerate to 4 hours.)*

To serve, melt butter in large skillet medium heat. Add pancakes a few time, turning to coat, and heat throu Arrange on serving platter. Serve Chocolate-Rum Sauce. Makes 6 serving

*To clarify butter, melt over low heat in s saucepan. Skim foam from top. Pour off liquid, discarding solids in bottom of pan.

Per serving		Daily goal
Calories	815	2,000 (F), 2,500 (M)
Total fat	57 g	60 g or less (F); 70 g or less
Saturated fat	20 g	20 g or less (F); 23 g or less
Cholesterol	245 mg	300 mg or less
Sodium	186 mg	2,400 mg or less
Carbohydrates	64 mg	250 g or more
Protein	15 g	55 g to 90 g

Menu
Café Des Artistes Dinner for Eight

Celery Root Rémoulade
Chicken Bouillabaisse with Roasted Garlic Aioli
Rye-Bread Torte

(continu



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Dorothy Hamill

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Regular Bologna	17	83%	34	620
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Stove Top makes Hawaiian Chicken simple.



Stove Top STUFFING MIX

Hawaiian Stuffed Chicken Breasts

2/3 cup hot water
2 Tbsp. margarine
2 cups STOVE TOP® in the Canister Chicken Flavor Stuffing Mix
1 can (8 1/4 oz.) crushed pineapple in syrup
4 boneless, skinless chicken breast halves, pounded 1/4" thick
1 medium green pepper*, chopped
2 Tbsp. brown sugar
2 Tbsp. vinegar
1/4 tsp. ground ginger

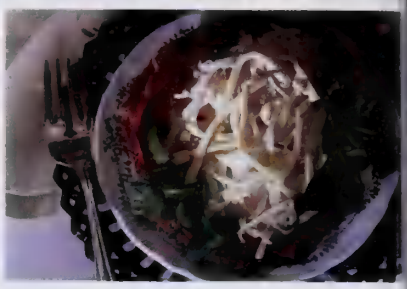
- Heat oven to 400° F.
- Mix hot water and margarine in bowl. Stir in stuffing mix, pepper, half the pineapple and syrup.
- Spoon stuffing evenly on chicken; roll tightly. Secure with toothpicks. Place in 9" square pan with any remaining stuffing in center.
- Mix remaining pineapple and syrup, sugar, vinegar and ginger. Spoon over chicken. Bake 30 minutes or until thoroughly cooked.

*or use 1/2 red pepper and 1/2 green pepper. Makes 4 servings.



For more recipes write KGF, P.O. Box 23263, [illegible] IL 609[illegible]2 ©1992 Kraft General Foods, Inc.

CELERY ROOT RÉMOULADE



This make-ahead appetizer is derived f the traditional French rémoulade.
Prep time: 15 minutes plus chilling
Cooking time: 5 minutes

1 pound celery root (celeriac), peeled a cut into julienne strips
Salt
1 tablespoon distilled vinegar
1/2 cup mayonnaise
3 tablespoons fresh lemon juice
2 teaspoons dry mustard
1/4 teaspoon freshly ground pepper
8 radicchio leaves

Combine celery root, 1 teaspoon salt, v gar and water to cover in bowl. Let st 10 minutes; drain. Bring 2 quarts wate boil in saucepan. Add celery root and c 30 seconds. Drain, rinse under cold w and pat dry. Whisk mayonnaise, len juice, mustard, 1/2 teaspoon salt and pepper in bowl. Add celery and tos coat. Cover and refrigerate 8 hours.

To serve, spoon 1/3 cup rémoulade each radicchio leaf. Makes 8 servings.

Per serving		Daily goal
Calories	125	2,000 (F), 2,500 (M)
Total fat	11 g	60 g or less (F); 70 g or less
Saturated fat	2 g	20 g or less (F); 23 g or less
Cholesterol	8 mg	300 mg or less
Sodium	334 mg	2,400 mg or less
Carbohydrates	6 mg	250 g or more
Protein	1 g	55 g to 90 g

CHICKEN BOUILLABAISSE

At Café des Artistes, the classic Fre seafood stew is made with chicken American ingredients. Part of the attrac of bouillabaisse is the garlic mayonn (aioli), which adds glorious flavor.
Prep time: 45 minutes
Cooking time: 2 hours

Chicken Broth
6 fresh parsley sprigs
6 whole peppercorns
1 bay leaf
2 sprigs fennel frond (optional)
1 sprig fresh thyme
2 1/2 quarts water
Salt

2 chickens (3 1/2 lb. each), cut up pieces
Salt and freshly ground pepper
3 to 4 tablespoons extra-virgin olive oil
1 large onion, minced (1 cup)
3 fennel bulbs (2 lb.), julienned
2 leeks (white part only), julienned
1 medium carrot, sliced thin

mall rib celery, sliced thin
easpoons minced garlic
an (14 oz.) whole tomatoes, drained and chopped
up white wine
prig fresh thyme
mall sprig fresh rosemary
teaspoon red pepper flakes
cup Pernod (anise-flavored liqueur)
blespoons chopped fresh parsley
thin slices French bread, toasted

cken Broth: Wrap first 5 ingredients in esecloth and secure with twine. Bring er, 1 teaspoon salt, and herb mixture to l in large saucepot.

Meanwhile, season chicken with salt and per. Heat 1 tablespoon oil in large skilover medium-high heat. Cook chicken atches, skin side down, until golden on n sides, 5 minutes. Add chicken to sauce- Return to boil, reduce heat and simmer minutes. Cool chicken in liquid. Transfer cken to large plate. Strain and reserve th. Skim fat.

Meanwhile, heat remaining 2 tableons oil in large saucepan over medium t. Add next six ingredients. Cook, stirg occasionally, until tender but not wned, 15 minutes. Add tomatoes and 4 s reserved broth (reserve remaining th for another use). Add wine, thyme, emary, pepper flakes, 1 teaspoon salt 1 1/4 teaspoon pepper. Simmer over dium heat, until vegetables are tender, minutes. Return chicken to saucepan; er and cook until heated through, 10 to minutes. *(Can be made ahead. Cool. er and refrigerate up to 24 hours. Skim from liquid. Reheat over medium heat to 20 minutes.)* Just before serving, stir iqueur and parsley. Serve with Roasted rlic Aioli (recipe follows) on toast. kes 8 servings.

erving w/o toast		Daily goal
es	615	2,000 (F), 2,500 (M)
fat	38 g	60 g or less (F); 70 g or less (M)
ated fat	10 g	20 g or less (F); 23 g or less (M)
sterol	195 mg	300 mg or less
m	600 mg	2,400 mg or less
hydrates	12 mg	250 g or more
n	52 g	55 g to 90 g

ASTED GARLIC AIOLI

p time: 10 minutes
ing time: 45 minutes

arlic cloves, unpeeled
cup plus 1 teaspoon olive oil
rge egg yolks
blespoons fresh lemon juice, divided
and freshly ground pepper
h saffron
blespoon water

heat oven to 350°F. Toss garlic with 1 spoon oil and wrap in foil. Bake 35 min- or until tender; cool and peel.

Meanwhile, combine yolks with 1 tableon juice in bowl. Place over small cepan of simmering water. Cook, stirg, until mixture forms a paste, 7 min-. Transfer to blender with remaining e, garlic, 1/4 teaspoon salt, 1/8 teaspoon pepper, the saffron and water. With machine on, slowly add oil, until thickened. Adjust seasonings. Makes 3/4 cup.

Per T. with 3 slices toast		Daily goal
Calories	150	2,000 (F), 2,500 (M)
Total fat	15 g	60 g or less (F); 70 g or less (M)
Saturated fat	2 g	20 g or less (F); 23 g or less (M)
Cholesterol	36 mg	300 mg or less
Sodium	36 mg	2,400 mg or less
Carbohydrates	4 mg	250 g or more
Protein	1 g	55 g to 90 g

RYE-BREAD TORTE



In the nineteenth century, bread was used to intensify the flavor of cakes. Don't assemble this too early or it will become soggy.
Prep time: 24 minutes
Cooking time: 30 minutes

1 cup seedless rye bread crumbs
1 cup walnuts, ground
1 teaspoon baking powder
6 large eggs, separated
Pinch salt
1 cup sugar
2 cups heavy or whipping cream
1 teaspoon cinnamon
1 teaspoon vanilla extract
1 jar (12 oz.) seedless raspberry jam

Preheat oven to 375°F. Grease three 9-inch round cake pans; line with wax paper and grease again. Combine crumbs, nuts and baking powder in bowl. Beat egg whites with salt in mixer bowl to soft peaks. Gradually add sugar and continue beating until stiff. Whisk yolks in another bowl. Fold one quarter of the whites into yolks, then crumb mixture, then remaining whites.

Spread batter in prepared pans. Bake 30 minutes, until golden and edge of cakes begin to shrink from sides of pans. Cool in pans on wire racks 10 minutes. With knife, loosen cakes from pans. Invert onto wire racks, peel off wax paper and cool.

Beat cream with cinnamon and vanilla until stiff. Spoon 1/3 cup whipped cream into pastry bag with star tip. Place one cake layer on serving plate and spread with half the remaining whipped cream. Add second cake layer and spread with 2/3 cup jam. Top with third layer; spread with remaining cream. Pipe reserved whipped cream on top to form 2-inch ring. Fill ring with 1 tablespoon jam. Refrigerate up to 4 hours. Makes 12 servings.

Per serving		Daily goal
Calories	375	2,000 (F), 2,500 (M)
Total fat	24 g	60 g or less (F); 70 g or less (M)
Saturated fat	11 g	20 g or less (F); 23 g or less (M)
Cholesterol	163 mg	300 mg or less
Sodium	123 mg	2,400 mg or less
Carbohydrates	35 mg	250 g or more
Protein	6 g	55 g to 90 g

Simply measure out just what you need.



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Dried Cherries and Port

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Say It with Chocolate: Place 1 square (1 oz.) semisweet chocolate, chopped, in small heavy-duty storage bag and microwave on Medium (50% power) 2 minutes, kneading after 1 minute, until melted. Snip one corner from bag and pipe decoratively on cake.



Tomatoes Anytime: To prepare for freezing, place 2 pounds tomatoes, halved and seeded, in 2-quart casserole with lid. Cover and microwave on High 5 minutes or until wilted. Slip off skins. Pack in freezer containers and freeze up to 3 months.

Caramel Corn: Combine 1/4 cup maple syrup, 2 tablespoons butter and a pinch cinnamon in 2-cup



measure. Microwave uncovered on High 3 minutes or until mixture is bubbly and just begins to turn amber-colored. Drizzle onto 6 cups popped popcorn in bowl and toss to coat. Cool 20 minutes.

Ruby-Red Sauce: Combine 1 bag (12 oz.) fresh cranberries, 2 pears, chopped, 1/3 cup sugar and 2 tablespoons pear schnapps in 2-quart casserole with lid. Cover and microwave on High about 6 minutes, until berries pop. Serve with meat or poultry. Makes 4 cups.

Slim-Down Chili: Slash the fat in your favorite chili recipe by microwaving the meat first. Place 1 pound ground beef, pork or turkey in glass pie plate. Cover with inverted pie plate. Microwave on High about 6 minutes, stirring once, until meat is no longer pink. Drain fat and pat meat with paper towels. Let stand 4 minutes.

Egg-stra Easy: For quick egg salad, break 1 large egg into custard cup. Puncture yolk with a knife. Cover with plastic wrap; vent. Microwave on Medium (50% power) 2 minutes. Chop and use in your favorite egg-salad recipe.

Make It Butter: In 4-ounce custard cup, combine 1 tablespoon butter, 1 tablespoon lemon juice and 2 teaspoons minced fresh tarragon or 1/4 teaspoon dried. Cover and microwave on High 30 to 40 seconds, until butter is melted. Serve as a dip for artichokes or fish.

Going Nuts: To toast nuts, cover bottom of microwave with wax paper. Spread with 1/4 cup chopped nuts. Microwave uncovered on High 5 minutes or until lightly browned.

Pie-Perfect Pumpkin: Peel 1 pound pumpkin and cut into 1-inch chunks. Toss into glass pie plate with 2 tablespoons water. Cover with inverted pie plate and microwave on High about 5 minutes or until tender. Drain. Puree in food processor. Use in your favorite pumpkin-pie recipe. Makes 1 2/3 cups.

Dried-Herb Garden: To dry fresh herbs, line bottom of microwave with wax paper and sprinkle with herbs (1cup mint or basil leaves, or 12 sprigs oregano, thyme or tarragon, or 3 branches rosemary). Microwave uncovered on High 2 to 2 1/2 minutes (4 minutes for rosemary), until dry to the touch. Store in covered jar up to 6 months.



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*Numbers are based on recipe calling for 1 1/2 cups of sour cream and 1 cup of mayonnaise. Other recipes may vary.

Dannon® Vegetable Dip

Ingredients:
2 cups Dannon® Plain Lowfat Yogurt
1 pkg. (10 oz.) frozen chopped spinach, thawed and drained
1/3 cup minced fresh onion
1 envelope (0.9 oz.) Lipton® Vegetable Recipe Soup Mix
Assorted raw vegetables for dipping

In a medium bowl, combine all ingredients (except raw vegetables for dipping). Cover and refrigerate until ready to serve. Serve as a dip for raw vegetables.
Makes approximately 3 cups.

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DANNON® PLAIN

Mr. Potato Head: Try this unusual method for perfect micro-baked potatoes. Scrub 1 baking potato and prick with a fork. Wrap wet potato in wax paper and microwave on High 4 1/2 minutes or until tender. Let stand 2 minutes.



In a Curry: For best flavor, sprinkle 2 teaspoons curry or chili powder in custard cup and microwave uncovered on High 1 minute, until fragrant.

Five-Minute Tomato Sauce: In 4-cup measure, combine 1 1/4 pounds plum tomatoes, chopped, 1/4 cup chopped basil leaves and 1 garlic clove, minced. Cover with plastic wrap; vent. Microwave on High 5 minutes. Puree in food processor with 1 teaspoon salt and 1/4 teaspoon freshly ground pepper. Toss with 1 pound cooked pasta. Makes 4 servings.



Crack a Coconut: Pierce eyes of a coconut with ice pick and drain liquid. Wrap coconut in plastic wrap and microwave on High 5 minutes or until fragrant and very hot. Let stand 15 minutes. Wrap coconut in kitchen towel and split with hammer or mallet. Pry out meat with sturdy knife.

All Choked Up: Trim stem and tips of 2 artichokes. Wrap each in damp paper towel. Microwave on High 12 minutes, turning halfway through, until a leaf pulls away easily. Let stand 5 minutes.



Poultry PDQ: Arrange 1 pound boneless, skinless chicken breast halves around edge of shallow 10-inch casserole with lid. Sprinkle with 2 tablespoons lemon juice. Cover and microwave on High about 6 minutes, until juices run clear. Let stand 4 minutes. Use in your favorite chicken-salad recipe.

Quick-Roasted Garlic: Trim top of 1 whole head garlic. Place in 1-cup measure with 3 tablespoons chicken broth. Cover with plastic wrap; vent. Microwave on High about 10 minutes, until tender. Let stand 5 minutes. Spread on toasted French bread.

Simple Shellfish: Arrange 1 dozen fresh clams or mussels, scrubbed, around edge of dinner plate with hinges toward edge. Cover with crumpled wax paper and microwave on High 3 to 5 minutes, until shells open. Discard any unopened shells. Serve with cocktail sauce.

Warming Tortillas: Wrap 4 soft flour tortillas in damp paper towel and microwave on High 1 minute or until heated through.

Roasted Chestnuts: Cut an X in the flat side of 1/2 pound chestnuts and spread in single layer in casserole with lid. Add 1/4 cup water. Cover and microwave on High 4 1/2 minutes, stirring once. Cool slightly; peel.

Sliceable Squash: For easy cutting, microwave 1 acorn squash on High 1 minute, then cut or slice.

No Salt Added: To season meats and veggies when microwaving, add some chicken or beef broth, not salt. Cooking in broth enhances flavor, while sprinkling with salt can cause food to cook unevenly, discolor and dry out.

Micro Meatballs: In large bowl, combine 1 pound lean ground beef, 1 large egg, 1/4 cup plain dry bread crumbs, 1/4 cup minced onion, 1 teaspoon salt and 1/4 teaspoon freshly ground pepper; mix well. Shape into 15 meatballs and arrange in circle in shallow 10-inch casserole with lid. Cover and microwave on High 4 minutes,

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until juices run clear. Add to marinara sauce.

Marinated Peppers: Rub 2 peppers with 2 teaspoons vegetable oil and pierce. Arrange peppers in glass pie plate with stems toward edge. Cover with paper towel and microwave on High 4 minutes. Turn peppers over and microwave on High 4 to 6 minutes more, until blistered. Wrap in kitchen towel and cool 10 minutes. Peel, seed and cut into strips. Toss with 1 tablespoon *each* balsamic vinegar and olive oil, and 1/4 teaspoon *each* salt and freshly ground pepper. Makes 4 appetizer servings.



Down-Home Greens: Place 1 slice bacon in glass pie plate. Cover with paper towel and microwave on High 1 to 1 1/2 minutes, until crisp. Remove bacon; pour off drippings. Add 2 cups washed spinach to pie plate. Cover with inverted pie plate. Microwave on High 2 to 2 1/2 minutes, until wilted. Crumble bacon on top. Makes 1 serving.

Fish in a Package: Fold a 16x12-inch piece of parchment paper in half; crease. Unfold paper and place 1 pound salmon fillet on one half. Sprinkle fish with 4 fresh dill sprigs, 1 leek, julienned, and 1 carrot, julienned. Fold paper over and crimp edges. Place on plate and microwave on High 4 1/2 minutes or just until fish is opaque throughout. Sprinkle with salt and serve with lemon wedges. Makes 4 servings.



Shell Game: To shell pecans or other nuts easily, combine 1 cup nuts with 3 tablespoons water in glass pie plate. Cover with inverted pie plate and microwave on High 2 minutes. Drain and let stand until cool enough to handle, then remove shells.

Pureed Carrots: Chop 1 pound carrots into 1-inch chunks. Combine with 1/2 cup chicken broth in 4-cup measure. Cover with plastic wrap; vent. Microwave on High 10 minutes or until very tender. Let stand 2 minutes. Puree in food processor with 1 tablespoon butter and 1/4 teaspoon salt. Makes 1 1/2 cups.

Presto Pesto: Combine 3 tablespoons dried basil with 1/4 cup water in 1-cup measure. Cover with plastic wrap; vent. Microwave on High 3 minutes or until water is absorbed. Puree in blender with 1/2 cup fresh parsley, 3 tablespoons olive oil, 1 teaspoon salt and 1/2 teaspoon freshly ground pepper. Stir in 1/3 cup freshly grated Parmesan cheese and 1 teaspoon minced garlic. Toss with 1 pound cooked pasta. Makes 4 servings.

Broccoli Basics: Broccoli is really two vegetables in one—strong spears and tender florets . For even cooking, trim 1 bunch (1 lb.) broccoli. Arrange in 13x9-inch casserole with florets in center and stems toward edges. Cover with wax paper; microwave on High 4 minutes, until just tender. Makes 4 servings.

Perfect Polenta: Combine 1 can (13 3/4 or 14 1/2 oz.) chicken broth with enough water to equal 3 cups in 4-cup measure. Whisk in 3/4 cup yellow cornmeal. Cover with plastic wrap; vent. Microwave on High 12 minutes, whisking every 3 minutes. Stir in 1/4 cup freshly grated Parmesan cheese and 1 tablespoon butter. Makes 4 servings.

In the Chips: Cut 2 flour tortillas into eighths. Place in single layer on paper towel; microwave uncovered on High 3 1/2 minutes or until crisp. Serve with salsa.

Quick Broccoli Sauce: Combine 1 1/2 cups chopped ▶



As you can see, it's Ragú® over the other guy, two to one.

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broccoli, 1/4 cup chicken broth and 1 garlic clove, minced, in 2-quart casserole with lid. Cover and microwave on High 4 1/2 to 5 minutes, until broccoli is tender. Puree in food processor with 3/4 cup part-skim ricotta cheese and 1/4 cup skim milk. Toss with 1 pound cooked pasta. Makes 4 servings.



Beta Carotene Bonus: Scrub 1 sweet potato and prick. Wrap wet potato in wax paper and microwave on High 5 1/2 to 6 minutes, until tender. Let stand 2 minutes.

Painless Peeling: Combine 1 pint pearl onions and



2 tablespoons water in 2-cup measure. Cover with plastic wrap; vent. Microwave on High 3 minutes, until skins begin to loosen. Cool slightly; peel.

Toasted Coconut: Sprinkle 3 tablespoons unsweetened shredded coconut on 2 layers of paper towels and place on bottom of microwave. Microwave uncovered on High 7 to 8 minutes. Let stand 2 minutes.

Chocolate Rum Sauce: Place 6 ounces semisweet chocolate in medium bowl and microwave uncovered on Medium (50% power) 7 minutes, stirring every 2 minutes, until melted. Stir in 1/4 cup dark rum and 2 tablespoons butter.

Apple Crisp: In glass pie plate, combine 1 Golden Delicious apple, peeled and chopped, 2 tablespoons maple syrup, 1 teaspoon lemon juice and a pinch cinnamon. Cover with inverted pie plate and microwave on High 3 minutes or until tender. Sprinkle with 2 tablespoons granola. Makes 1 serving.

Sublime Butterscotch Sauce: Combine 1/2 cup heavy cream, 1/2 cup brown sugar and 1 tablespoon corn syrup in 4-cup measure. Microwave uncovered on High 6 minutes until mixture is dark golden. Serve on ice cream. Makes 2/3 cup.

Havana Bananas: Slice 4 bananas into glass pie plate. In cup, combine the juice of 1 orange, 2 tablespoons dark rum, 1 tablespoon maple syrup and 1 tablespoon butter, melted; pour over bananas. Cover with inverted pie plate and microwave on High 4 minutes or until bananas are tender. Serve with ice cream. Makes 4 servings.

Fast Fruit Compote: Combine 2 cups peeled, sliced pears, 1/4 cup orange juice and 1/2 cinnamon stick in glass pie plate. Cover with inverted pie plate and microwave on High 3 1/2 to 4 1/2 minutes, until fruit is tender. Serve with yogurt. Makes 4 servings.

Vintage Vinegar: Combine 1 cup red wine vinegar with 2 teaspoons fresh rosemary leaves in 4-cup measure. Cover with plastic wrap; vent. Microwave on High 2 minutes or until vinegar is hot (do not boil). Cool, then strain. Use in salad dressings and sauces.



Ten-Minute Potato Salad: Combine 1 pound potatoes, cut into 1-inch chunks, and 3 tablespoons chicken broth in glass pie plate. Cover with inverted pie plate and microwave on High 6 minutes, stirring once, until tender. Let stand 3 minutes. Drain.

Note: "Fifty ways to use your microwave" was tested in 700-watt microwave ovens in the LHJ kitchens.

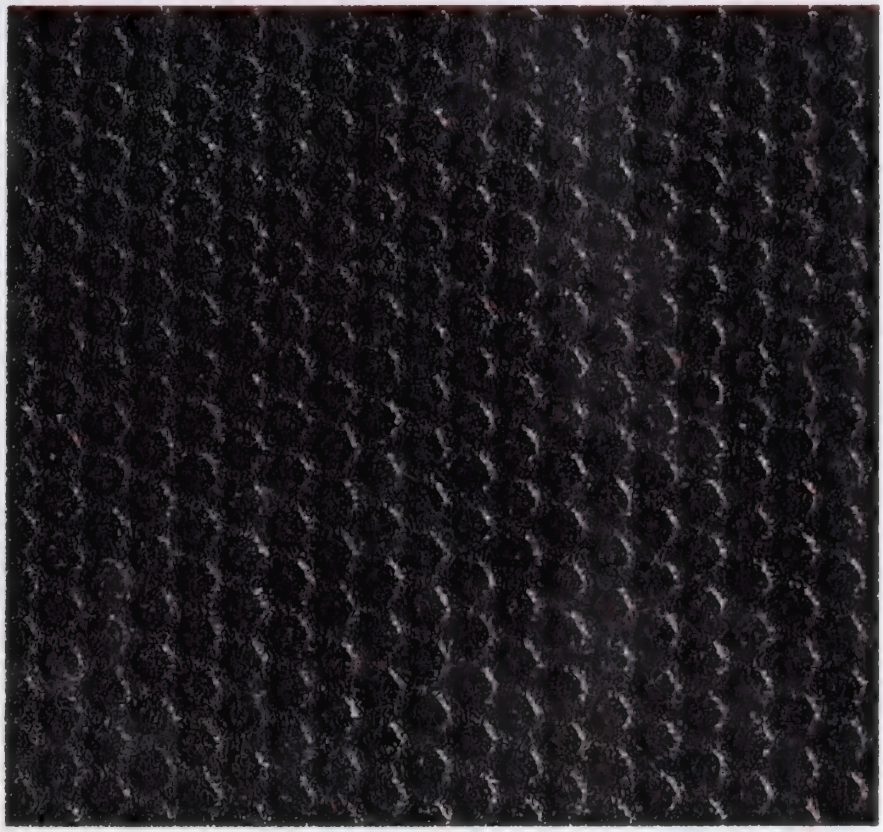
Judith Benn Hurley is a columnist for The Washington Post and author of "The Healing Foods" (Rodale Press, 1989).

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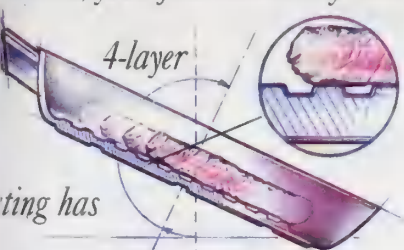
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The Inside Story

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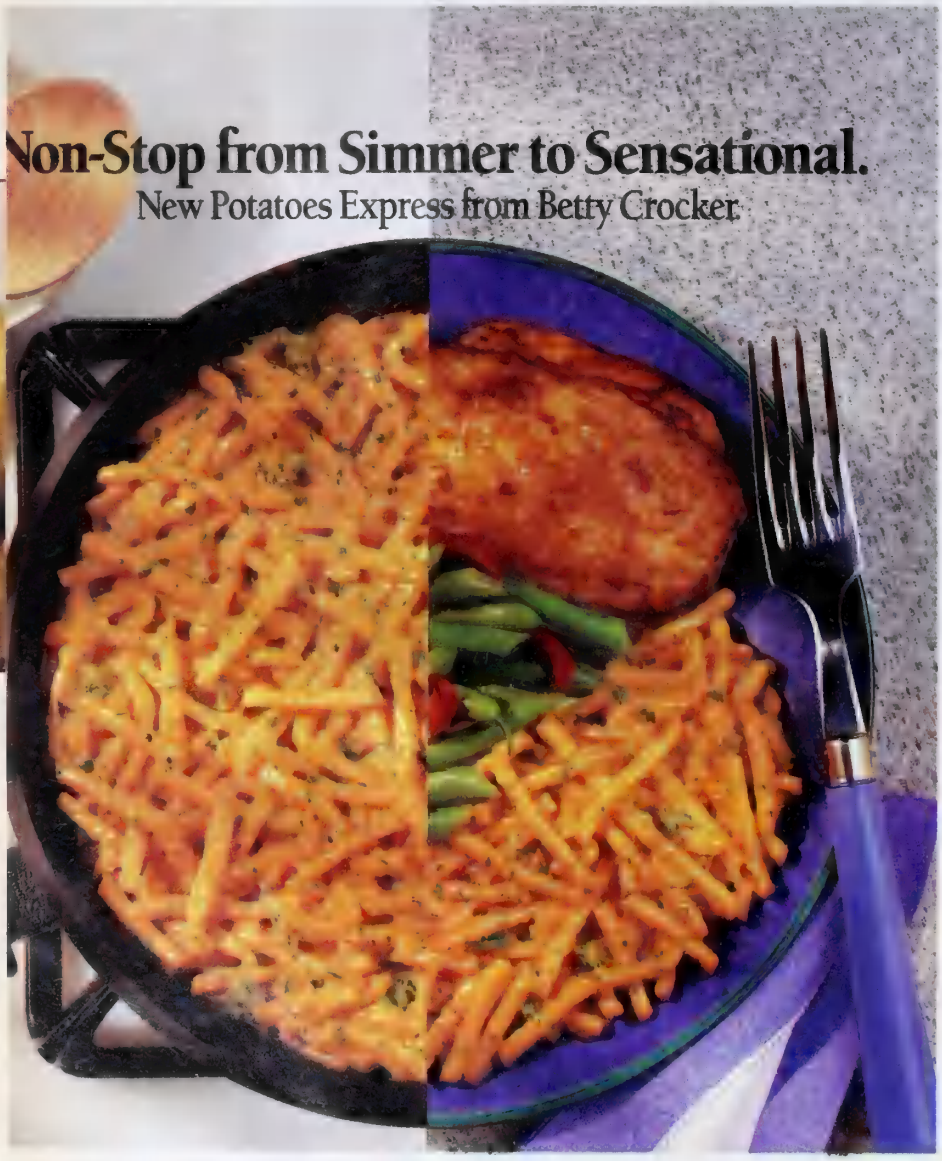
Dear LHJ:
Last May I had the pleasure of dining at the European Restaurant, in Boston. The spinach pie was superb—the best ever! Would you be able to get the recipe?

Bunny Conte,
Greensburg, Pennsylvania

All in the family

Since restaurant owner Gus Aprile added his mother's recipe for spinach pie to the menu over ten years ago, it has become one of this Boston landmark's most popular entrées. Cut into smaller squares, it makes a great party appetizer, too. You can buy pizza dough at some pizzerias or in the refrigerated section of your supermarket.

Preheat oven to 425°F. In large bo combine 2 packages (10 oz. eac frozen chopped spinach, thawe 3/4 cup *each* freshly grated Roma cheese and shredded mozzare cheese (3 oz.), 2 tablespoons ext virgin olive oil, 1 teaspoon minc garlic, 1/2 teaspoon freshly grou pepper and a pinch salt. Divi 13 ounces purchased refrigerat pizza or bread dough into 2 piec 1 slightly larger than the other. F larger piece into 12-inch circle anc into 9-inch pie pan. Beat 1 large e until frothy and brush lightly ov dough. Spoon in spinach mixture. T with 2 slices American cheese. F second piece of dough into 9-in circle and fit over spinach mixtu Flute edges. Make a 1-inch hole center of pie. Brush top lightly w remaining beaten egg. Bake 20 m utes. Makes 6 servings.



recipe index

Here is a listing of recipes appearing in this issue, including those from the Journal kitchen and advertisements. Advertisers' recipes appear in boldface. Recipes marked with an asterisk include microwave instructions.

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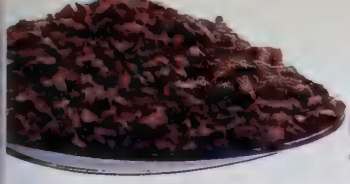
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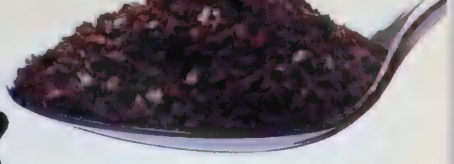
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THE SOFT WAY TO SAFEGUARD AGAINST GERMS.

lical mystery

nued from page 156

calcium conundrum

ercalcemia often announces its pres- in a variety of subtle ways, as these cases did: fatigue, decreased appetite, ht loss, nausea and vomiting, stomach s, increased urination, constipation depression. Mildly elevated levels can ymptomless, and the condition may be overed only accidentally via routine d tests. However, hypercalcemia uld never be ignored; it's always a sign n underlying medical problem.

he most common trigger is an overac- parathyroid gland, usually resulting n a benign thyroid tumor. If the d's hormone secretions go awry, calci- levels can jump sky high.

he second most common cause, espe- y among older people, is cancer of the st, prostate or kidney. These malig- cies usually spread and cause other ptoms that are noticed first, but some- es hypercalcemia is the earliest clue. ether, parathyroid overactivity and er account for 90 percent of cases of ercalcemia.

ou tested negative for both of these possible reasons, leaving her physi- baffled. What the doctor didn't know was that a number of similar cases e popping up in the area and begin- g to surface on the desk of Michael ick, M.D., Ph.D., a renowned expert in min D and calcium metabolism at ton University School of Medicine. n some of the referring physicians re- ed their patients had elevated levels of min D as well as calcium. That was the . Excess vitamin D is another, though ommon, cause of hypercalcemia.

ow Holick had to unravel part two of puzzle: What was provoking the high ings of vitamin D? There were only a possibilities: excessive sunlight (the y forms vitamin D when exposed to sun), too much vitamin D in the diet haps from cod liver oil or fatty fish), or adose vitamin supplements. He elimi- d the sunlight hypothesis immediate- these cases were occurring in New land, and even lifeguards in the trop- arely develop high vitamin D levels.

olick and his colleagues sent detailed stionnaires to eight patients. "And, o," recalls Holick, "all of them drank of milk." The last piece of the puzzle fell neatly into place: All the patients their milk from the same dairy, scent Ridge, in Sharon, Massachusetts, mall family-run business serving ghly eleven thousand customers in nty-eight towns around Boston.

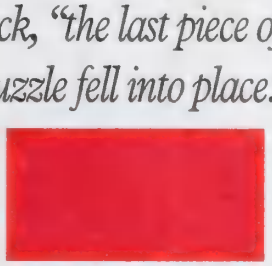
-viation

last finding prompted a full-scale in- igation by the state department of lic health (DPH), which now suspect- ed something had gone wrong in processing the milk and ordered Crescent Ridge to stop adding vitamin D.

Since 1953, under federal recommendation, many dairies have been enriching milk products with vitamin D to prevent rickets, a devastating disease of bone malformation in growing children; partly as a result of this, the disease is now quite rare in the U.S. But in this instance, there was an astonishing finding: Crescent Ridge's milk had a vitamin D level nearly six hundred times the acceptable amount! Authorities are still not sure how this happened. However, since the highly concentrated vitamin solution is added by hand at Crescent Ridge, as it is at half the dairies in the country, investigators suspect it could have been simple human error. (The owners of the dairy refused to comment.)

On July 3, 1991, the DPH sent a notice to area physicians, local boards of health and customers of Crescent Ridge. It suggested that anyone who had drunk any milk from the dairy since January 1991

Detailed questionnaires sent to eight patients showed that all of them drank a lot of milk. "And, bingo," recalls Dr. Holick, "the last piece of the puzzle fell into place."



have blood tests for calcium and vitamin D. Local labs were inundated with requests, and the story was quickly picked up by local media.

At last the mysterious symptoms began to make sense for Virginia Palazzo and Lou Goldberg, both of whom were Crescent Ridge customers.

"I was worried that my kids would suffer growth problems or kidney damage," Virginia says. Luckily, that did not occur.

Lou Goldberg was relieved as well. "I can't drink a lot of sweet sodas and juices because of my diabetes," she explains. "Diet sodas are out, since I'm allergic to aspartame, and I don't like coffee or tea. So I've always enjoyed milk."

It's not known exactly how many people experienced symptoms of hypercalcemia. Doctors suspected that some of their patients may have suffered partial loss of kidney function (organs vital in controlling vitamin D overload) and placed them on a regimen that included staying out of the sun, avoiding vitamin D–fortified milk and cereal, and drinking plenty of water.

"It wasn't easy keeping an eight-year-old and an eighteen-month-old out of the sun or covered with sunscreen all summer, but you do your best," says Virginia Palazzo.

Lou Goldberg cut down on milk intake, and by August 1991 she was fine, too. Fortunately, there seem to be no long-term effects. But the incident has sparked calls for a re-evaluation of milk processing and inspection nationwide.

What's in your milk?

Soon after the Crescent Ridge incident, Holick checked other brands of milk, buying forty-two samples from various dairies and supermarkets in five eastern states. The first results of his investigation concerning vitamin D levels were recently published in the *New England Journal of Medicine* and are unsettling. Out of all forty-two containers labeled vitamin D–fortified, 80 percent fell outside the acceptable range: 62 percent of those quarts contained too little vitamin D (some had none at all), which could be harmful for youngsters or older women, many of whom depend on milk for their daily requirements. The remainder had too much vitamin D (but none had levels as high as Crescent Ridge's). He also tested infant formula from five major national suppliers. All contained more than 150 percent of the amount of vitamin D stated on the label. While no life-threatening overdoses were found, the study demonstrates how easily an error could go undetected.

It's not mandatory that vitamin D be added to milk, but most dairies do fortify and, therefore, are required to state it on the label. The mandated amount is 400 international units (I.U.s) per quart, yet a 150 percent margin of error is permitted.

Monitoring of vitamin D levels and other safety issues, such as bacterial contamination, are under the control of the Food and Drug Administration (FDA) if the milk is sold across state lines. Dairies like Crescent Ridge, which sell their milk within one state, are not under federal control, but they are supposed to test their milk twice a year to be sure that the amount of vitamin D falls within the range stipulated by the FDA.

Since the Crescent Ridge case so clearly illustrates the potential toxic effects of excess vitamin D, Holick and other experts urge that dairies use advanced measurement and quality-control techniques and that regulatory agencies enforce guidelines by routinely analyzing the vitamin D content of fortified foods. ■

Dr. Edlow, who practices emergency medicine in Cambridge, Massachusetts, writes fiction as well as articles on health.

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travel journal

Spend some time in lovely Lake Tahoe

Crown jewel of California's High Sierra country, Lake Tahoe has a radiant beauty that makes even the most jaded traveler marvel. This Alpine playground for all seasons draws the winter thrill-seeker, who swoops down Tahoe's more than thirteen thousand vertical feet of ski trails, as well as the summer sunbather, who crowds the beaches along her seventy-two miles of shoreline. The hiker or poet comes anytime but perhaps favors the quiet off-season, colored in a spring splash of wildflowers or autumn's blaze of amber. So, too, come the lovers, to tie the knot at such sublime heights as the ten-thousand-foot summit of Heavenly Valley, one of America's largest ski areas; the rich sapphire hue of the lake below seems to promise eternal bliss.

With a third of the lake in Nevada, gamblers seek their fortunes at the casinos that line the lake's Nevada shore. Stateline, on the south shore, is the gambling mecca, with glitzy high-rise casino hotels like Harvey's, Harrah's, The Horizon and Caesar's offering an amazing assortment of rooms, bars, lounges, restaurants, headline entertainment and bargain-priced buffets, along with round-the-clock gambling. Minutes away, you can rise above it all on Heavenly Valley's aerial tramway.

A $230 million redevelopment project has spruced up the strip along the south shore, replacing run-down older properties with open spaces and major hotel projects. The first so far is a four-hundred-room Embassy Suites, which opened last December.

A more sylvan setting is found on the north shore, where the Hyatt Lake Tahoe offers games of chance on a pretty wooded lakefront in opulent Incline Village.

Tahoe City, in California, is the focus of North Shore activity, especially shopping and dining. In fact, restaurants like Captain Jon's, Wolfdale's, Tahoe House and Le Petit Pier are so good they've earned North Shore the title "Gourmet Ghetto." (Evan's American Gourmet Cafe, on the South Shore, rivals the best of these.) Charming bed-and-breakfast inns like the Mayfield House, Rockwood Lodge and Cottage Inn offer an intimate retreat.

Northstar-at-Tahoe, six miles from the lake's north shore, is acclaimed as a gr family resort, while Squaw Valley, of the 1960 Winter Olympic Gam has a new cachet with the Decem opening of the Resort at Squaw Cre The four-hundred-five-room hotel a conference center offers a level of lux and amenities not previously available Tahoe. Along with a health club, an o door ice skating rink, three free-fo swimming pools and Jacuzzis, there shops, a gallery and four restaurants, cluding Glissandi, an elegant din house with one of Tahoe's best ch Skiers can step outside their rooms board a new high-speed quad chairl At the summit, they'll be rewarded w a view of Lake Tahoe; at the bott they can lunch on the sunny plaza of hotel's bar and grill.

A drive around the lake is a fine to sample the flavor of the surrou ing communities, and discover superb tas and peaceful trails along the w Emerald Bay, the lake's most pict esque corner, is surely a highlight. Highway 89 winds northward from south shore, it climbs to elevation seventy-four hundred feet. There, overlook pro-vides a prime photo op tunity to capture the bay's deep eme waters and forested shoreline. T Fanette Island, with its stone teahc and wooded slopes, lends a charming cus to the scene. It was built by L Knight, who also constructed kingsholm, a thirty-eight-room, f tale—like Scandinavian castle w rounded stone towers and hand-h timbers. A steep mile-long trail le down to the castle at the bay's e Guided visits are offered from J through Labor Day.

Further north, in Sugar Pine P State Park, you'll find the Ehr Mansion, once considered the finest s mer home in the high Sierra. Toge with the three Tallac Historic Est at the Pope-Baldwin Recreation A these mansions recall an era more th century ago, when Tahoe was a sum resort for the wealthy.

On the lake's northeastern sh the Ponderosa Ranch was the site of *Bonanza* series (open May thro October).

Request the brochure "The M Beautiful Drive in America," L Tahoe's seventy-two-mile shoreline g to take along on the drive. It incl an excellent travel planner and is a able from the Lake Tahoe Visi Authority, P.O. Box 16299, South L Tahoe, CA 95706; call 916-544-5 to make lodgings reservations. comparable information and rese tions on the North Shore, contact T North Visitors & Convention Bu P.O. Box 5578 Tahoe City, CA 95 800-TAHOE-4-U. —CAROL CA



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OM MAKEOVER
een on page 196
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Keeping your cats and dogs healthy and happy. By Shana Aborn

TOP DOGS

Ever since first families began occupying the White House, their beloved animals have been there, too. So we decided to find out who the critters are behind this year's candidates.

MILLIE BUSH

DESCRIPTION: Female English springer spaniel
ATTRIBUTES: Gentle and loyal, with a sense of fun; chases squirrels across the White House lawn
ACHIEVEMENTS: As author of a best-selling autobiography, earned more than the leader of the free world


MRS. BUSH WITH MILLIE AND RANGER


CHELSEA CLINTON AND SOCKS


CHILI AND BREEZY QUAYLE

QUOTE: "$800,000 in royalties? That should keep me in chew toys, bones and biscuits for life."

RANGER BUSH

DESCRIPTION: Male English springer spaniel (Millie's son)
ATTRIBUTES: Energetic and lively, but a glutton. "He eats an inordinate amount," says a White House spokesman.
QUOTE: "Election time—come on, George, bring out the pork rinds!"

CHILI QUAYLE

DESCRIPTION: Female English setter
ATTRIBUTES: Athletic, aristocratic-looking; has a winsome face
ACHIEVEMENTS: A cunning hunter
QUOTE: "Like my famous master, I just love to run."

BREEZY QUAYLE

DESCRIPTION: Female black Labrador retriever
ATTRIBUTES: "Lovable, but fat and lazy," says Mrs. Quayle.
ACHIEVEMENTS: Good Quayle family values: Like Chili, she's single, but has never been a mother
QUOTE: "Let the critics say what they will—*I'll* always love Dan."

SOCKS CLINTON

DESCRIPTION: Male black-and-white domestic shorthair
ATTRIBUTES: Athletic, delightful purr-sonality; a good hunter
ACHIEVEMENTS: Won Clinton's heart, although he is allergic to cats
QUOTE: "When Bill plays the sax, he's almost as hip a cat as me."

ANNIE PEROT

DESCRIPTION: Female yellow Labrador retriever
ATTRIBUTES: Friendly, lovable
ACHIEVEMENTS: Despite severe arthritis, Annie loves to chase squirrels (and, allegedly, armadillos)
QUOTE: "I'd have to write a lot of books to outearn *my* owner."

—LESLIE VREELAND



ASK THE VET

IN THIS NEW FEATURE, WILLIAM D. SWARTZ, D.V.M., A VETERINARIAN IN GREAT FALLS, VIRGINIA, ANSWERS YOUR QUESTIONS ABOUT ANIMAL HEALTH AND BEHAVIOR.

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The doctor herself should show genuine care and concern for animals and be able to make you and your pet feel at ease. If you own an exotic animal, find out how much the vet knows about the species.

Finally, look around the reception area and talk to some of the clients. If they seem satisfied with the care their animals receive, chances are you will be, too.

We welcome your questions about pet health and behavior (excluding emergency problems, which should always be brought to your veterinarian's attention). Send your letters to Box PN, Ladies' Home Journal, 100 Park Avenue, New York, NY 10017. We'll choose the best for publication in future columns. We regret that Dr. Swartz cannot answer letters individually.



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continued from page 172

four-year military career, and they moved to Dallas, where he got a job as a salesman for IBM and she taught fourth grade.

She quit her job a year later when she became pregnant. She'd banked her salary, however, and when Ross decided to start EDS in 1962, he used her $1,000 to incorporate it. Six years later, the company went public, and they became millionaires, thanks in large part to the government contracts EDS had secured. In 1984, Perot sold the company to General Motors for $2.55 billion.

While Ross was at the office, Margot was raising their children. Today most of the kids still live nearby. Ross Jr., thirty-three, runs the real estate holdings of the Perot Group, the family business. Nancy, thirty-two, also works for her father. Suzanne, twenty-eight, lives in New York. Carolyn, twenty-four, works with her brother, and Katherine, twenty-one, is a senior majoring in political science at the University of North Carolina at Chapel Hill.

Friends say Ross and Margot are devoted to each other. Ross "treats his wife like every woman would love to be treated—like a lady," says one. "He's very solicitous of her, protective even." Says another, "The Perots usually come into a party hand in hand. It's easy to see that they are still very much in love."

Margot sparkles whenever she speaks of her husband. "He does some sentimental things," she says. "[In June], we were in Annapolis (for the campaign) and he said, 'Let's go see the restaurant where we first met.' It isn't there anymore, but we walked into this office [that was there instead], and he told all these amazed people, 'This is where we met!' "

But as conventional a wife, mother and genteel society lady as she is, Margot Perot is not afraid to speak her mind. She and Ross have been vocal in support of abortion rights. According to one friend, it was Margot who influenced her husband's opinion on abortion.

And while she never enjoyed being in the campaign spotlight, it is clear that Margot believes her husband's efforts have been worth the trouble. "I think politics is so unappealing to most people because of the scrutiny of the media," Margot says. "Yet what will happen if no one good runs for public office?"

At the same time, though, she's clearly looking forward to returning to a quiet life: when asked what's most important to her, she smiles and says unhesitatingly, "The family—and creating a happy homelife for Ross." ■

Barbara Burgower Hordern is a free-lance writer in Houston.

LIFE AFTER POLITICS

IN MID-JULY, JUST AS THE JOURNAL WENT TO PRESS, ROSS PEROT ABRUPTLY ANNOUNCED THAT HE WAS DROPPING OUT OF THE PRESIDENTIAL RACE, STARTLING HIS THOUSANDS OF SUPPORTERS. WHAT WILL THIS MEAN FOR THE PEROTS POLITICALLY, SOCIALLY AND PERSONALLY?

According to insiders, Margot will be content to go on with her life as it was before her husband declared his political ambitions. "She'd be happy if he proceeded, but she's just as happy he stopped," says one close friend. Margot, a devoted wife and mother, and a tireless volunteer, will once again spend her days attending to family matters and doing charity work. Although she no doubt would have made a gracious and active First Lady—she once cited Eleanor Roosevelt as her role model—those who know her best say she's just as happy to keep working for her favorite charity, the Salvation Army. Says another friend, "Now she can get her life back to normal"—as normal as the life of the wife of America's most unconventional billionaire can be.

Nor is the Perots' social standing likely to suffer from this, Ross' most public failure. While Dallas society can be back-biting, the Perots have often kept a low social profile, so they're likely to be spared snubbing now. Besides, when a billionaire invites you to his house, you don't say no. Says one insider, "Dallas is like anyplace else. If you've got the money, you can do anything you want."

In fact, many in Dallas society—most of whom are also friendly with George and Barbara Bush—are relieved Perot has dropped out of the race. For them, two well-connected Texas candidates was one well-connected candidate too many.

It's on a personal level that Ross and Margot may face their greatest challenge. His withdrawl left many of his supporters feeling angry and betrayed—and for a man who's used to being a hero, it will be hard to suddenly be reviled. What's more, Margot has never known her husband as anything but a success. He's always protected her from the glare of the public spotlight—she wasn't even with him when he announced that he was withdrawing from the race—but now, for the first time ever, she must protect him. Can they cope? "It depends on how he takes it," say Evelyn Firestone Moschetta, D.S.W., and Paul Moschetta, D.S.W., New York-based counselors. "If it makes him feel less confident about himself, it will have an impact on their relationship. The worst-case scenario [is that] he's bitter and angry and negative and takes it out on her and everyone else. The best-case scenario would be that they both feel relieved, and that he doesn't see it as a defeat, because he called the shots—he dropped out. Even though he didn't go the whole way, everything he did [had] a positive effect. If he looks at it that way, and they see that together, it could even bring them closer."

Friends have no doubt, however, that no matter what happens, Margot will see Ross through. "She stands behind him 150 percent," says one friend. "She's a devoted wife. No matter what he does, she believes in him."

And while no one's predicting what will come next for the Perots, one thing is certain: Ross will remain an active and enigmatic personality throughout the presidential campaign—and beyond.

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of three years, *Major Dad* star Gerald McRaney—it certainly looks like this Southern belle has her grits together. Her eyes, which McRaney describes as "gin-clear blue," are sparkling, and she's certainly more confident and at ease than she was when *LHJ* interviewed her more than two years ago on the set of *Designing Women*.

Then, Delta was polite but guarded, talking about her childhood in Orlando, Florida, where she started modeling at the age of twelve. Despite winning eighteen beauty pageant titles before heading to Hollywood in the late 1970's and landing parts in forgettable TV movies and shows such as *The Chisholms* and *Filthy Rich*, her early life was one of frequent pain and confusion. She talked about being molested at the age of four by the father of a friend, of brushes with date rape in her late teens, her heavy use of diet pills, and the thirty pounds she gained when she swapped diuretics for potato chips and Cheez Whiz.

Though Delta was outwardly upbeat, she now confesses that inside she was "a mess. It was a really bad time. I'd gained the weight, but there were also problems on the set. That show was designed so that no one was supposed to break out and become a star, and when that happened to me—not because I planned it, but because it just turned out that way—it created a lot of problems with people who I thought were my friends but weren't."

She's talking, specifically, about creator and executive producer Linda Bloodworth-Thomason, who felt that success went to Delta's head and that she made unreasonable demands for preferential treatment and control over the show. When tensions reached a peak in June 1991 and CBS had to choose between Thomason and her, the network backed the producer. Delta was out of a job.

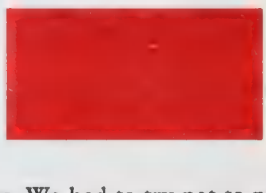
The tabloids reported that she was so depressed that she often refused to get out of bed, except to see a psychiatrist, and that her family was afraid she'd commit suicide. And the papers really went to town last fall when, at the last minute, Delta dropped out as a Miss America judge. Privately, some pageant officials grumbled that the overweight star didn't want to return to the scene of her former triumph as Miss Florida or be photographed with the svelte contestants; Delta says she was ill.

"Why are they doing this to me?" she sobbed at the time. "What did I ever do to them?" Nothing, except that she was a big star who'd taken some big falls—the ideal riches-to-rags story.

Today, however, she's philosophical about that awful period. "This has been a healing time for me," she says thoughtfully, "letting go of negative emotions and keeping everything in perspective. Look, I aspired to an acting career from the time I started modeling, when I was twelve. I wanted to be accepted, to succeed, to be loved. I got that. I've had Emmy nominations, I have work, I have a lot of love from viewers, and most important, I've got Mac." She says that she got out of her funk by asking herself, " 'What have I got to be disappointed about?' The answer is diddly-squat. When I realized that, the bitter emotions passed."

Did they really? Hollywood is a small town; what can Delta's former *Designing Women* co-stars expect if they ever cross paths again? Delta insists, "I can't be cold or hard. We did have a lot of good times together. If and when we meet, I'll think about those. I'll be a lady. In a way, leaving the show was a good thing," she says, "because it brought Mac and me much closer together. Mac saw me through all of that—God, he was angrier than I was about all the stories. In the middle of all this, we realized just how much we need each other, and we decided to shift our priorities. We had to try not to pay attention to these crazy reports, not work every weekend, not give everything to our shows because they don't give it back. We made a point of saving time for each other.

"If this is the environment I'm going to be in," Delta says of Hollywood, "where people will lie to you and about you, then I have to get better at surviving in it."



"I still have ambition, I still get angry about the stories, but it's different. I found out that being loved was much more important than being famous or whether or not I'm being used as a piñata."

Naturally, the tabloids are still battering her. Recently, she was particularly hurt by a former assistant, who wrote about Delta's use of the antidepressant Prozac (Delta doesn't deny the claim) and about coverage of her no-show at the White House in June, when Mac ended up taking his mother. "What do they expect," Delta says with a sigh, "that we're attached at the hip? That Mac and I never go anywhere without each other?"

No, but this was dinner with the President, not a casual meal with close friends. The word in TV Land was that she didn't want to chow down in a ro full of anorexic socialites, where all e would have been upon her.

"That's just bull," she insists. "My gra mother went into the hospital in Flori and I felt I should be with her. Beside she says with a grin, "there are people Washington who should be a lot m ashamed to show their faces than I am."

Despite Delta's newfound defiance, tabloids and critics are still crouched waiting for the next round. She's also c ing off of the critical and ratings disas of her two made-for-TV movies, the m tery *Love and Curses* and the comedy/fa sy *Day-O*. But she's steaming ahead w the new show, in which she plays a cha ter that's a cross between Suza Sugarbaker and Lucille Ball, a wom who, Delta says, "is constantly getting i trouble, though she never quite realize until she's chin-deep in it."

Delta promises that the abrasiven viewers knew and loved in Suzanne still be there. "You know, a lot of wh put into Suzanne is what I really am," says. "I mean, that was my big hair big face, and the kind of clothes Suza wore are the clothes I like. So e though the new character isn't Suzan she'll still be there in a way.

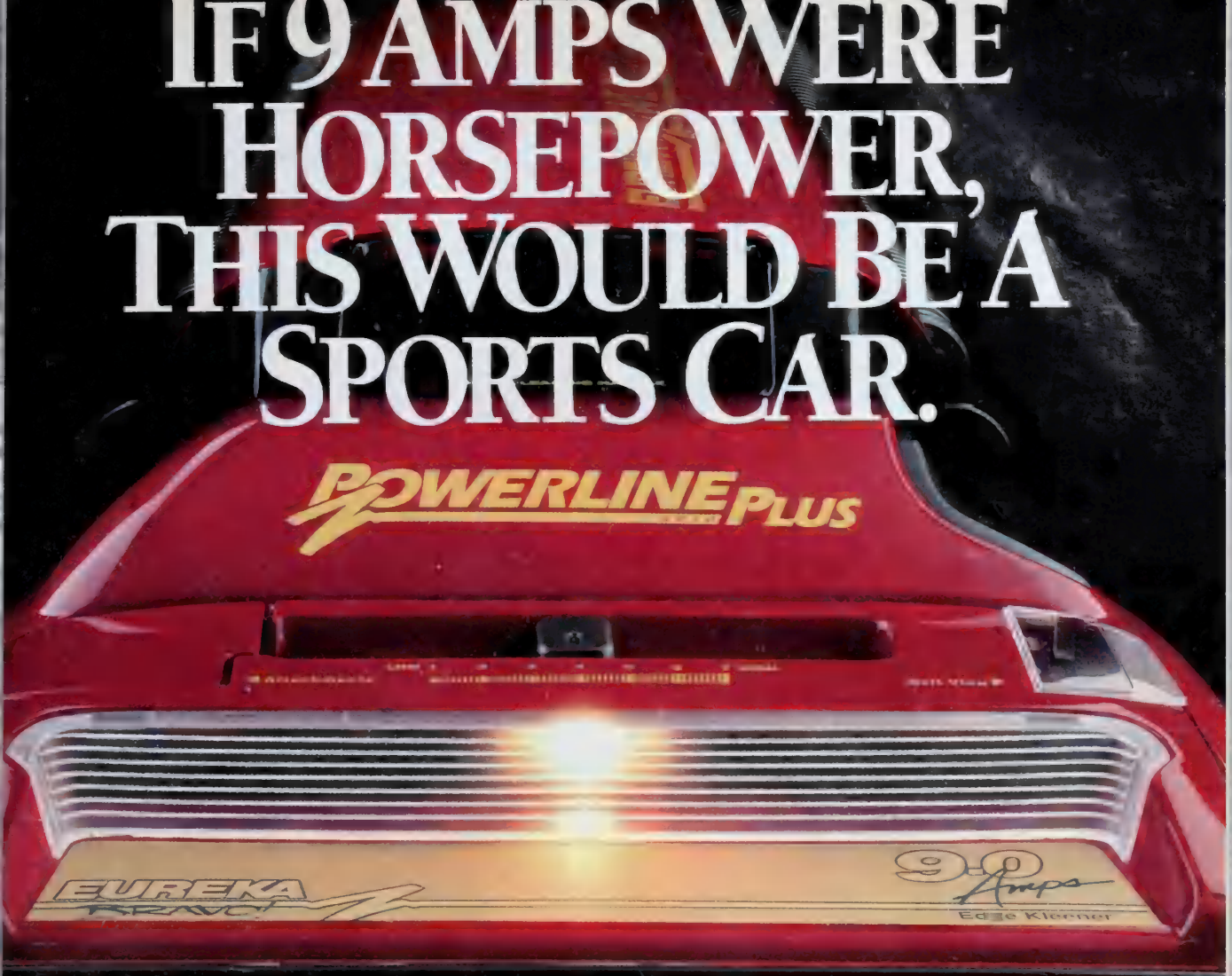
"At the same time, though, I'm a canvas with a lot of people inside. We are. There's the little kid in me, the woman, the hard realist, the fantasi She laughs. "When you think about I *am* a sitcom!"

Delta does one thing more in the sh She sings. We all knew Dixie Carter co sing, but Delta? "Actually, I never di before, except as a joke," she says. wasn't 'cause I was bad, but because I afraid to. So I took lessons, and it was the most liberating thing I've ever don won't be singing every week, but let tell you—there's no feeling quite as sa fying as conquering a fear. And that's h I plan to approach everything now.

"Listen," she says suddenly, as thou wanting to erase lingering doubts ab her sincerity, "everything that's happe has taught me to keep a good aura, a g energy field, like the little engine t could—'I think I can, I think I can. this is the world and environment I'm ing to be in, where people will lie to and about you, then I have to get bette surviving in it. You've got to let go w you get angry or down about somethi or it'll kill you."

Practicing what she preaches, De says she's even come to grips with weight gain. "The weight had to hap eventually," she says. "When I started tering beauty pageants in my teens, I people change me. I drew a line with sc things—I didn't bother with the tan t said I needed, I didn't let them shave eyebrows when that was in vogue. B did buy into the whole *(contin*

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ght thing, and so I used the water pills diet pills and amphetamines and stuff that. Well, I could pull that off in my nties, really abuse myself to lose weight. ot to the point where if I stood up I ed out—no big surprise after not eating r days out of the week. Obviously, I dn't go on like that.

When I first put on the weight, I tried kinds of programs. I'd lose a little ght, but then it would come back. My abolism was just so screwed up, my body so used to being without food, that I d go without eating and not lose weight. t was discouraging, but it showed me whatever I do about my weight is going e a long, tedious process."

Does that mean she's giving up? pite the stardom of Delta herself, eanne Arnold, and Oprah Winfrey, lywood is still a town that favors the te. "I'm not saying I wouldn't rather hirty pounds thinner," she sighs, "but n then, realistically, I know I'm never ng to be as thin as I once was. So it's really a top priority." Still, she's de- d to try to shed those thirty pounds ing the next few months.

But she insists that any weight loss is ng to come from healthy eating and ex- se, not fad regimens. Delta says that recently turned down a million-dollar r to go on a diet program. "I've been aking out about fad diets," she says, d all the bad things we do to ourselves, felt it would be selling out to go on a h program. The money was tempting, I'd have lost more than weight: I'd e lost my self-respect. I fought too d to get that to give it up for money."

Delta is the first to admit that her rage is helped considerably by the werving support of her husband. They re adjoining offices at the studio ough the decor in McRaney's is con- erably different; he favors animal ds and military artifacts). "This may nd corny," Delta says, "but we get re in love as the years go by. I used to nk that the peak of your love was when married, but this just gets more in- se and deeper."

What's their secret? Delta says that in ition to sharing their lives together—their $2 million hillside home in adena and at a hideaway home in New eans' French Quarter—she and Mac ve learned to adapt to each other's es. "Mac has accepted the fact that we e to sleep with the dogs," Delta says h a grin, "and now I wear khaki and ot a gun. We shoot clay pigeons to- her, and I've gotten real good at it."

Laughing as she thinks about that, ta says, "Something else we discovered hat it's important to take your love se- usly, but yourself not too seriously. We laugh a lot over all kinds of things."

For instance? Delta says, "One night right after we were married, when the tabloids had photographers hiding everywhere, we heard this noise in the house. I was a little nervous—until Mac jumped out of bed buck naked and crept into the hallway doing that self-defense walk the martial artists do. I cracked up—I couldn't help myself—and so did Mac, because it was a sight. We're lucky there wasn't anyone there." She adds that now, though, whenever they hear a noise, "I'm usually out there in the hallway with him."

Totally naked?

"No," she says. "I have my gun."

Regardless of whether the new show hits or misses, Delta is hoping, in the spring, to do a TV remake of the old Irene Dunne film *It Grows on Trees*, in which a woman finds money growing in her backyard. There's also the upcoming mini-series based on *Scarlett*, the sequel to *Gone With the Wind*. Polls place Delta (along with Susan Lucci) at the top of the list of actresses the public would like to see play Scarlett O'Hara. Delta describes the surveys as "extremely flattering," but feels that Vivien Leigh's performance "was so perfect" it would be difficult to follow. The actress doesn't rule it out, though she says she did turn down an offer to read the novel for an audiotape version of the sequel. (Ironically, Dixie Carter did the recording.)

Then there's the one role Delta hasn't yet attempted, one she thinks about often—that of mother. McRaney has three children from his two previous marriages (none of them lives with the couple), but Delta says that one day they would like to have a child of her own.

"I do think about how I'm going to feel ten or fifteen years from now, so I'm probably going to want to have a baby in a couple of years. We're not actively pursuing it right now, but if the stork visits, we'll be happy."

There's that word again—happy. Despite everything that has happened, Delta does look radiant and sound content. And whatever hurt still lingers, one thing is certain: Delta's future looks to be better than her past. "Now that the tension is gone from my life, I can concentrate on the new things there are to learn, and it's exciting. I feel like I'm in class—very eager and childlike and gleeful."

At that moment, with her blue eyes wide and jaw determined, it's impossible to ignore just how Scarlett-like she does look. Delta laughs. "I didn't say we have nothing in common. In fact, if there's one thing my experiences have taught me, it's that what Scarlett said is so true: Tomorrow is another day." ■

Jeff Rovin, a contributing editor to LHJ, writes frequently about celebrities.



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n-again murderer

inued from page 169

Air Force Academy, a town where rch and family still matter and where term "born-again" is not laughed at. town where Jennifer Reali was bored

hat boredom, along with a number of r explosive factors, led to an affair be- en Jennifer, twenty-nine, and Brian, ty-three—two people who might very have led unremarkable lives had they r met and sparked in each other a de- ctive fury that would end the life of nne Hood, destroy their own, and ruin of their families.

andom life

984, Jennifer had dropped out of the versity of Washington and married Reali, whom she'd been dating on off. Ben was planning a career in the ny—a very different environment n the one Jennifer was accustomed to he daughter of Keith Vaughan, a pros- ous Seattle architect.

Growing up, the gamine, light-haired ng woman did well in school, rowed the crew team and traveled to France her junior year in college. Yet ughan said later that his daughter, ugh beautiful and creative, had been gued by depression and loneliness.

Soon Jennifer found herself moving n base to base with Ben Reali. She e birth to two children in quick suc- sion. Bored, depressed, feeling out of element, she refused to socialize with er military wives.

nstead, she took to drinking—a couple of rs or a bottle of wine each day—and she a doctor for depression. Her boredom nded to the bedroom, and she soon be- seeking new sexual thrills: At Jennifer's l, her husband shamefacedly admitted he had spanked her at her request.

But nothing seemed to ease her discon- t, and by 1989, when the Realis moved Colorado Springs on yet another mili- y assignment, Jennifer was openly stile to her husband: Once, she ew a steak knife at him during a quar- And another time, Reali testified, she eted him at the door with a kidney ch. "I said hello, and she told me she going to divorce me," Ben Reali re- ed. "I said, 'That's nice. It's good to you, too.' "

all-American couple

like Ben and Jennifer, Dianne Moore Brian Hood were a pretty steady cou- throughout college. So no one was prised when they married on cember 12, 1980, a few months before y both graduated from Angelo State iversity, in San Angelo, Texas.

Dianne wasn't searching for a fast- e life, say the people who knew her best. "She was all about being a wife and mother," says her sister-in-law Angela Moore. "Making a home was an important achievement for Dianne because of the struggles of her youth. Her parents had divorced when she was young, and her mother worked as a secretary in Midland, Texas, to support her and her brother."

Brian, on the other hand, seems to have been on the lookout for excitement. Angelo State had been at the top of its football conference, and Brian was a team member. Friends say he was the cocky, handsome big man on campus, a ladies' man, the son of a prosperous Houston insurance executive. When his associates describe him, another side emerges as well. They use unflattering terms like "big mouth," "dullard," "insensitive." Even his father calls him "buffoonish."

Soon after their wedding, Brian and Dianne moved to Colorado Springs and started a family. In the mid-1980s, Brian became a born-again Christian and began attending the Fellowship Bible Church, probably as much for the business networking he could do there as for anything else. (In fact, after holding a number of jobs that included selling beer to bars, Brian, through a church member, got a job as an insurance salesman.) A few years later, Dianne became a born-again Christian, too, and her positive, can-do attitude helped her cope when, in June 1989, she learned that she had lupus.

Lupus is a chronic autoimmune disease that affects the body in a number of debilitating ways, causing arthritis, severe vascular inflammation, kidney problems and lesions of the skin. Though the disease can be fatal, Dianne's case was not, and doctors advised her to avoid fatigue, stress and exposure to direct sunlight.

Despite the pain and fatigue brought on by Dianne's illness, the Hoods seemed to remain a loving couple. But their sex life, as Dianne told her best friend, Darla Blue, had come to a halt. Dianne blamed herself, Darla remembers; after all, she had no idea that her husband was getting his sexual satisfaction outside the home.

There was something else as well: the life-insurance policy Brian Hood took out on his wife, the policy that was worth $100,000 in case Dianne died—and twice as much if she died accidentally.

Sex and salvation

Jennifer and Brian first met in February 1990, in the Jacuzzi of the trendy Bally's U.S. Swim and Fitness Club, home of perhaps the most intense singles scene in town. He was flirtatious and invited her to lunch, where they complained about their *(continued)*

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spouses (his wife, Brian said, was sick; Jennifer told him that her own husband was hardly ever home).

They continued to work out together at the club, until Brian made his next move a couple of months later. One day he dropped by her house to see if she wanted any insurance. Soon they were kissing; his shirt got wrinkled, and she ironed it for him. Standing in the laundry room, Brian told her they had already sinned because of their lust and desire, and that in the eyes of God they had already committed adultery.

But neither Brian nor Jennifer was ready to repent just yet. Testifying in court months afterward, Jennifer told what happened next: "He unbuttoned his pants and let his pants fall, and he came over toward the washing machine and dryer where I was, and he lifted me up on the washer and dryer and we had sex."

No one is certain when Brian first suggested that Jennifer think about killing his wife, but he used the Bible in support of his effort to convince Jennifer that, as she testified, "it was God's plan" to murder Dianne. Jennifer later claimed that she told her lover, "If you love somebody, you divorce them; you don't kill *(continued)*

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Dangerous liaisons: Women who kill for love

In the recent classic *Fatal Attraction,* Glenn Close played a deranged mistre Spurned and obsessed, she plotted to kill her lover's wife, so that she wo have him to herself.

When life imitates art, as it has in cases like the Reali story, the result can even more frightening. Jennifer Reali, who succeeded in eliminating her ri is not alone: This year, Carolyn Warmus, a New York schoolteacher and ins ance heiress, was convicted of executing her lover's wife, Betty Je Solomon, just half an hour before meeting Paul Solomon for drinks and sex.

And though another obsessed young woman, Amy Fisher, of Merrick, N York, did not kill her rival, her case is hardly less sensational. Fisher, a seventee year-old high school student and alleged part-time prostitute, is said to have s Mary Jo Buttafuoco in the head last May, severely injuring her. Fisher, in jail in l of $2 million bail, claims that Mary Jo's husband, Joseph, thirty-eight, is her lov

Experts say that these kinds of obsessions have little to do with love. Says E Hickey, Ph.D., author of *Serial Murderers and Their Victims* (Brooks/Cole, 1991), "P ple call it love; I think it's more selfish than that. This is a very twisted type of love."

In all fairness, love-gone-wrong scenarios like these are extremely uncc mon. Women very seldom kill; they commit an estimated 10 percent of roughly twenty thousand murders each year. And those they do kill are more likely to be men—the vast majority of them abusive husbands or love Women who kill a romantic rival probably account for less than 1 percent of murders. Says Ann Jones, author of *Women Who Kill* (Fawcett, 1981), "Wom very, very rarely kill women. It's even rarer for a woman to kill out of jealousy."

The kind of woman who will do so, however, often appears quite normal on surface. The violent rage, says Hickey, "doesn't show up until they take action.

While many people who commit calculated killings are described as ciopaths with no feeling for anyone else, that's not true for the love-triangle kil "These people will have a lot of concern and consideration for other people, they'll reduce their victim to an object level," says criminologist Ron Holm Ph.D., author of the forthcoming *Murder in America* (Sage, 1993).

And unlike some serial murderers who may enjoy the act of killir this type of homicide is utilitarian, designed to clear an impediment in the p of something the killer desires—the love of a man. Holmes says this type murderer often displays three characteristics: feelings of inadequacy; a be that no one understands them; and, perhaps most profound, a conviction t the lover they're willing to kill for is the only person in the world for them.

The most common love-triangle murders, experts say, are those in which a w and her lover plot to kill her husband. (The Reali case, with the wife as victim, p vided an unusual twist to this pattern.) In the Warmus and Fisher cases, howe the objects of the women's affections—the other woman's husbands—have been charged with collusion. Both women allegedly acted alone, ostensibly lieving that once the wives were out of the way the men would be theirs.

Women like these, say experts, indulge in a rich fantasy life: They often p the crime in great detail, sometimes even rehearsing the act and daydream about their eventual success—possibly picturing themselves happily marr to the dead woman's husband.

That fantasy life often extends to believing that their lover wants them to kill wife. Says Hickey, "They have to create that illusion." They believe that the m der will elevate them in their lover's eyes, adds Holmes. "What they're really s ing is, 'Look what I've done for you.' "

Although she doesn't dispute Holmes's characterization, Ann Jones s there could be another explanation. She speculates that, rather than trying win a man's affection, the woman is actually striking out in misplaced ange her lover seems unwilling to leave his wife or is ready to reconcile with her.

"It's often very clear that who she'd really like to kill is the man," says Jones. the wives seem like "safer targets. When these women are rejected, they out their anger by depriving the man of the other woman." —KATHRYN CA

tinued) them." But Brian, she said, e up with biblical passages that he in- reted as meaning that since they had ady committed adultery, murder ld not be any worse.

nd he told her she could be "forgiv- ind redeemed if she repented" after murder. At his suggestion, Jennifer— had started attending the Fellowship le Church herself—asked fellow rch member Wendy Phillips about crucial theological point. As Phillips ified later, "She asked me if she could go to heaven if she killed someone. I her if she was truly sorry and repen- , I thought she would."

e masked woman

er some last-minute jitters on nifer's part, she and Brian set the date is wife's death for September 12, 1991. would shoot Dianne Hood, alone, as came out of the meeting of her lupus port group; she would make the ng look like a random robbery.

wo weeks before, Jennifer had gone to ooting range for some practice with , honing her skills with an antique-re- duction gun from his collection—the she would use to kill Dianne. And days before the killing, Jennifer later ified, Brian called her to say that the us group meeting would end about e o'clock. At some point, Brian bought nifer a ski mask.

he night of the killing, Jennifer put army fatigues, slipped the black ski k over her face and hid in the bushes he support-group members trickled after their meeting.

Dianne Hood walked out with an uaintance, Karen Johnson. "A hand ne out and grabbed for Dianne's se," Karen remembers. Dianne amed and ran back toward the build- calling for help.

t was then that Jennifer shot Dianne, ing her in the back of her shoulder. nne fell, and Jennifer grabbed her se and began to walk away. "I amed, and Jennifer turned, walked k to Dianne," Karen told the court. nnifer stood over her . . . took careful and fired a second shot through nne's heart."

ennifer fled, casting off her fatigues in earby alley. Then she went to a pay ne and called Brian, letting the phone twice before hanging up. It was their arranged signal that she had gone ough with their plan.

vers and enemies

lidn't take too long for the Colorado ings police to figure it out: The wife of police department's public-informa- officer was friends with Rich Schell, florist Jennifer worked for. After nne's killing made the front page, ell told his friend that he had seen

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Brian and Jennifer behind the shop a number of times, and he suspected they were having an affair.

Within a few days of the killing, both Jennifer and Brian were under arrest; she was the one who cracked first, and she told her story to the police.

The day of Brian's arrest, three hundred members of the Fellowship Bible Church gathered to pay their last respects to Dianne Hood. A memorial folder passed out at the service contained a few lines Dianne had written some months before when she was depressed about her illness; they eerily foreshadowed her death. "God's plan is perfect for each one of us," she had written. "Have a celebration day, for I will be in Heaven."

Not unexpectedly, Jennifer and Brian offered different explanations for the killing. She claimed that she had been "mesmerized" by him into murdering Dianne Hood. Brian advanced a "fatal-attraction" theory, saying that Jennifer had been crazed because he wasbecoming close, once more, with his wife and had decided to break off with his mistress.

An enduring tragedy

Brian Hood was tried first, in Fort Morgan, a farm town distinguished by the plumes of white smoke pouring from the stacks of its sugar-beet factory. The prosecution got Jennifer to testify against her ex-lover by agreeing not to seek the death penalty against her when her own case came to trial.

Prefacing most of her statements with "Brian told me" or "I was supposed to" and dressed demurely (Peter Pan collars, pearls, reading glasses), Jennifer gave two days of torrid testimony worthy of a soap opera. Her look was in almost comic contrast to the poster-size blowup the defense brought in, of a photo Ben Reali had taken of his wife a few years before, holding a black, Nazi-era pistol.

Shaking with sobs, Jennifer told how she felt shooting Dianne Hood. "I didn't want to kill her," she testified. "All I could remember hearing was Brian's voice. 'She's got to be dead.' "

Her testimony, though clearly self-serving, was convincing. On December 23, 1991, Brian was convicted of conspiracy to commit murder and solicitation. At his sentencing, Brian, who had not testified on his own behalf, said, "Every day I deal with the guilt, the pain, the remorse . . . I desperately want to be a father to my children." If he was given a lenient sentence, he told the judge, he would donate his time "to a support group of some kind."

The jury foreman pleaded for leniency as well, but Brian Hood got a sentence of thirty-seven years. He will be eligible for parole in twelve. *(continued)*

Born-again murderer

continued

Jennifer's trial took place in March of 1992, a few hours' drive from the scene of the crime, in a town called Glenwood Springs. An expert witness testified that Dianne Hood's killing may have had something to do with Jennifer's alleged post-traumatic stress syndrome, brought on, Jennifer said, by systematic sexual abuse during her childhood and her marriage.

She relied for comfort on her parents, the Vaughans; Ben Reali had divorced her soon after her arrest. Across from the Vaughans sat Dianne's brother, David Moore, and his wife, Angela. Says Moore, "My wife and I did this so that our presence would remind people that this wasn't some abstract thing, that Dianne Hood is a person who is now dead, who was important to us."

On the sixth day of deliberations, the jury returned with a verdict: guilty of first-degree murder and conspiracy to commit murder. No one—except perhaps Jennifer herself—seemed surprised.

Since then, Keith Vaughan has started a corporation to market some songs his daughter has written and to deal with the many requests for TV rights to Jennifer's story; this will help, he says, with the expenses the family incurred while financing their daughter's defense.

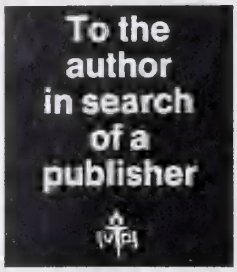
The Hood children—Jarrod, eleven, Lesley, nine, and Joshua, three—are being cared for by Brian Hood's parents. Ben Reali, who is still in the military, has remarried and gone to Germany on assignment, with his children, Tinneke, six, and Natasha, four. He has given up hunting and got rid of his beloved gun collection. "I never, ever thought," he says softly, "that anybody I taught to shoot would go out and shoot a woman. It makes me feel partly to blame."

Jennifer herself was sentenced to life imprisonment without parole. "She's terrified," says Howard Ulibarri, a hairstylist who found himself charmed by Jennifer when he did her hair during her trial. "I want to get a helicopter and go in and get her out of there." He pauses a moment and shakes his head. "Poor Jenny."

As for Dianne Hood, she is buried in a cemetery in Colorado Springs, in an unmarked grave that looks, to the casual observer, like just another patch of ground. Her family does not have enough money to buy her a headstone. No one seems sure when, or whether, a marker will commemorate the most tragic victim of a sordid affair gone desperately wrong. ■

Susan Price is a free-lance writer who lives in Aspen, Colorado.

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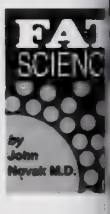


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All her husbands

For twenty-two years, **Susan Lucci** (right), as *All My Children*'s infamous vixen Erica Kane, has shouted, manipulated and charmed her way in and out of eight marriages—six of them legal. But Lucci's biggest heartache, undoubtedly, has been her failure to win an Emmy—despite a staggering thirteen nominations.



To heaven and back

As Viki Buchanan, **Erika Slezak** (below, right), of *One Life to Live*, has a split personality, has had an out-of-body experience, was once trapped in an underground lost city and has been married five times to three men. Her latest travail? Choosing between husband Clint and her desperate attraction to a hunk named Sloan.



Mama Lisa

As Lisa Mitchell, of *As the World Turns*, **Eileen Fulton** (above) has been infuriating audiences for thirty-two years. While she has mellowed a bit, the glitzy restaurateur is now having trouble with her two sons: Scott, who took a job with Lisa's rival, and Tom, who has become jealous of her relationship with Scott.





Home at last

Days of Our Lives heroine Marlena Evans Brady (played by **Deidre Hall**, left) returned to Salem after five years on a deserted island to discover that her husband was not her husband: The real Roman had been imprisoned in a dungeon for seven years. Reunited, the couple now argue about whether criminals should be rehabilitated.

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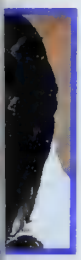
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Cover photo: Neal Barr; hair, Bryant Renfroe; makeup artist, Josephine Rosa; stylist, Joyce Feirstein Cohen. Jacket, Nicole Miller; jewelry, Mish; all makeup, Charles of the Ritz: Luxurious Lip Lacquer In Silk Tangerine, Perfect Finish Eyecolor Trio in Tapestries, Perfect Lash Mascara in Black, Kohl+Kohl in Kohl Navy, Perfect Finish Makeup Natural Finish in Honey Do, Perfect Finish Powder Blush in Geranium. Insets: Barbara Bush, Eddie Adams/Sygma; Hillary Clinton, Allen/Gamma-Liaison; food, Mark Thomas. Photos, this page, from top: Marco Franchina, Rita Maas, Pam Francis.

Leading ladies



I think as voters we know that no matter who wins the election this year, our First Lady will be intelligent and capable. I'm fortunate to have met both Barbara Bush and Hillary Clinton. What are these bright and appealing women really like?

Well, what struck me about Mrs. Bush when I interviewed her last year in the White House was her gracious good manners and her sassy humor. She also seemed fiercely devoted to the man whom she frequently refers to by both his first and last name: "George Bush."

At an *LHJ* luncheon, at which Hillary Clinton was guest of honor, I found her to be attractive, soft-spoken and a real politician. She told me she is a dedicated reader of women's magazines and, in fact, grew up reading her mother's copy of *Ladies' Home Journal*. For profiles on both these determined women, see page 125.







Myrna with Hillary Clinton (top), and Barbara Bush (right). Columnist Paula Lyons (bottom)

Another rather special woman I want you to know more about is our new contributing editor, Paula Lyons. Paula is also the Consumer Editor for ABC's *Good Morning America*. A Boston resident, she is a longtime, highly acclaimed consumer-affairs reporter who has won a variety of awards for her hard-hitting journalism. The column Paula is writing is called "Help!" and that's exactly what she wants to give *LHJ* readers, to make all of you more knowledgeable consumers. We think Paula and the column are both great additions to the magazine—and we hope you agree.

Myrna Blyth

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The most popular, most enduring women's magazine feature in the world



BY MARGERY D. ROSEN

LYNN'S TURN "I'm sick of this already, and I want a divorce," said Lynn, twenty-nine, a slightly overweight woman.

"We've been married for nine years, and it's clear Rick cares more for his family than he does for me. Does he want to be married or not? Tell me why he's always at his mother's house. Tell me why I have dinner ready at six-thirty, when he is supposed to be home, but he doesn't walk in until eight, only to announce he already ate over there. Sometimes he even calls from his mother's—this makes me really crazy—and asks if I'm planning on making dinner. That's embarrassing.

"If he doesn't want to spend time with me, you'd think he'd at least like to be with his kids. Timmy is two and Justin is six months. But he'll drop everything in the middle of a Saturday to go over and put his nephew's bike together . . . or to play basketball with his brothers.

"I'm glad Rick is so caring. That's one of the reasons I fell in love with him. But he's there for everyone but me. We don't talk, and he doesn't help around the house. I feel ignored, like I did as a kid.

"I'm the middle of three children, and we were the original latchkey kids; Dad worked two jobs—full-time for the fire department, then part-time for the electric company. Mother was an inspector in a factory. They're still married, but I don't know how happy they are. My father is a hotheaded man who was always blaming someone else for his problems. I was terrified of him.

"My mother either screamed right back or gave him the silent treatment. There were weeks when they didn't talk to each other. I tried to be good, but I never seemed to be good enough. I don't remember my mother ever telling me she loved me. My younger brother was the out-and-out favorite.

"Mother was a beauty—she had won a lot of pageants as a child. I was her ugly duckling. She kept calling me fat, and other names, too. Even though my memories of my own family were *(continued)*

THIS MONTH'S CASE IS BASED ON INTERVIEWS AND INFORMATION FROM THE FILES OF EVELYN MOSCHETTA, D.S.W., AND PAUL MOSCHETTA, D.S.W., A COUNSELING TEAM WITH OFFICES IN NEW YORK CITY AND ON LONG ISLAND. THE STORY TOLD HERE IS TRUE, THOUGH NAMES AND DETAILS HAVE BEEN CHANGED TO CONCEAL IDENTITIES.

VIRGINIA SLIMS

"I don't necessarily want to
un the world, but I wouldn't
ind taking it for
little ride."



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not happy, from an early age I couldn't wait to get married and have children so I'd finally have someone to love me back.

"After high school, I worked for a year as a bank teller because I didn't know what I wanted to do. I went to college, but dropped out, finally, so I found a job working in a department store. I loved meeting people, talking to them. I was good at it, too. But I quit once I had Timmy. To be honest, I miss it. I love my kids, but I miss those friendships. The women I used to be close to have either moved away or they work all day. I'm pretty much alone with two toddlers.

"Anyway, back to Rick. I met him through one of my girlfriends. She had this mad crush on him, so I had heard about him for weeks before we were actually introduced at a Fourth of July party. We all hung out at a bar near the beach that attracted a lot of surfer types.

"Rick was gorgeous, and there were a lot of girls who threw themselves at him. It was pretty clear that he wasn't interested in my friend, so when he called the following week and asked me out, I went.

"I liked him immediately; he was so easy to be with. But I know I liked him a lot more than he liked me. It was that way for a long time. Rick was finally ready to get married. We moved into a house down the street from my in-laws, and I thought I'd live happily ever after. Back then, I adored his family. His parents were like Ozzie and Harriet, and they accepted me completely. I wanted to be like his mother. Of course, they hated what Rick did for a living. At the time, he was a fisherman, and he loved it. But his father had always wanted him to be a businessman. I think he's proud now that Rick's new business is doing well.

"This new business—he's in marine construction with a close friend—is a constant source of friction between us. Rick does everything, and I really think his friend is taking advantage of him. Of course, Mr. Nice Guy just doesn't see it that way. He expects me to do his bookkeeping, answer the phone, mail packages—all the things his partner is supposed to do. I have enough on my mind. Rick just doesn't understand. I don't think he has any idea what it's like to have two toddlers.

"I can't pinpoint exactly when everything became a power struggle, but before I knew what was happening, I found myself arguing with my husband about how much time he spends at his parents' house, where we should spend Christmas Eve, whether Justin should start on solid food because my mother-in-law thought that was why he wasn't sleeping. I'd want to stay home on Sunday night, but Rick would insist we go to his mother's for dinner, then he'd fall asleep on the couch.

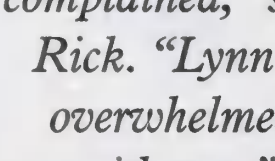
"Like I said, there was a part of me that liked being over there—I wanted my sons to be close to their grandparents. But I was beginning to feel that my life was out of my control. I started to get depressed. At four o'clock in the afternoon, I'd still be in my bathrobe.

"One time we had a huge blowup about tickets to the football playoffs. Rick's family are Giants fans, and I've gotten into football since I married Rick. It was supposed to be our turn to take the family tickets, and I was really excited. But, then, without asking me, he gave the tickets to his sister. I was livid, but his whole family sided with Rick. Now I don't want to speak to them again.

"Tell me, am I wrong to expect these things? Am I crazy? Shouldn't Timmy, Justin and I come first?"

RICK'S TURN "What does she want from me?" said Rick, thirty, a tall man with sun-streaked hair and a deep tan. "I don't know why I'm here. She has a good life, but she's miserable. Why should I want to be around her?

"My mother had six kids, and she never complained," said Rick. "Lynn is overwhelmed with two."



"You know, my mom had six kids, and she never complained. She was remarkable; warm and loving. She was a Girl Scout and Cub Scout leader and head of the PTA. She carted us anywhere we had to go. There was no question that her family came first. She had far more to do with six kids than Lynn does with only two. To be honest, I think Lynn's being a baby about the whole thing.

"Lynn gets furious because I try to help my family. She makes mountains out of molehills. My parents are beginning to think she's a little unstable, and I'm starting to wonder myself. Okay, so I should have asked her about the football tickets first. But my kid sister is going through a rocky divorce, and this was a little something I wanted to do for her.

"The thing is, everything makes Lynn upset. She's not flexible at all. With t slightest change of plans, she goes off t deep end. What is the big deal about n eating at my parents' house? I keep n boat docked there, so I stop off and ha a bite to eat. My mom's a great cook, di ner's on the table—and I figure I'm sa ing Lynn the trouble of having to cook.

"Unlike my wife, I had a terrific chil hood. My parents were like the Rock Gibraltar—their marriage was solid, a we were your basic all-American, norm kind of family. Dad was vice-president a clothing manufacturer in the city. H worked long hours, but we were st close—he was my Little League coa and all. We never got close in a talki kind of way, though. I had a tremendo respect for him. I know I disappoint him by not following in his footsteps.

"I guess you could say I was a jack all trades, master of none. I was athlet played every sport—golf, track, baseba My problem was that I never stuck wi anything long enough to get really go at it; I was always wanting to do som thing else. I don't know why. I was a lo er—as one of six you learn to fend f yourself, right? I don't open up easi and maybe that's why Lynn thinks don't care. I do; it's just hard for me.

"When I graduated from college found a job working at a bank for friend of my father, but I wasn't ready f that nine-to-five kind of life. The pay w terrible, and I hated being cooped up i side. I quit but never told my parents was living at home, and I'd still leave t house dressed in a tie and jacket eve day. I had bought a boat, so I wou spend the day fishing. I made a lot money as a fisherman, and I loved bei out there all by myself. Dad didn't fi out until he bumped into his friend.

"My mom convinced him that sinc was only twenty-three, I still had a f years to burn. In fact, after a while, it w too hard to make a living fishing. I now in a business partnership with B an, a buddy of mine, building wareho es and docks. Okay, so maybe Brian's n pulling his weight, but we've be friends since third grade and I'm n about to dump him. I wish Lynn wou get off my back about it. I want to ma this business work; that's my main go and if it means doing a little more th I'm technically supposed to do, so what

."Maybe I'm too accepting of thin but Lynn is thin-skinned. She's g some temper, too. What's the big de about helping me out a little with fice work? Timmy and Justin ta naps, so why can't she do a little boo keeping for me? Sometimes I'm go sixteen hours a day and then I have do the paperwork at night. I don't s why she can't help. She wants to bu a bigger house—which requires mo money—and in the *(continued on page*


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ORTHO

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Can this marriage be saved?

continued from page 16

same breath she tells me I never have time for her. I can't w

"If she doesn't stop harping on my family, we're going to a divorce. I can't be in the middle anymore."

THE COUNSELORS' TURN "While Lynn and Rick known each other for a long time, they were living superfic ly," said the counselors. "Lynn was going through the moti of marriage and raising a family, Rick was busy establishing business, and they never discussed issues or dreams that w important to each of them.

"We have rarely seen anyone as disconnected from his v and from his own feelings as Rick. A man of few words, R was well meaning but oblivious to Lynn's needs as well as to responsibilities in the marriage. A shy, unassuming man, he along well with others, but, as one of six children, he learned to live with little attention.

"Unlike Lynn, Rick came from a basically happy family. ther was the traditional breadwinner; Mother, the mom took meticulous care of hearth and home. With this as a mo for marriage, Rick didn't think he was neglecting his respo bilities as a husband: He simply didn't realize he had a While this family basically got along well, feelings and emoti were not high on the priority list. Rick grew up with the i that feelings weren't particularly important. If he was upset didn't talk to anyone; he just went fishing. What's more, tho he always felt loved, Rick struggled with the belief that he unable to live up to his father's expectations. Devoting him to his business was one way to win Dad's approval.

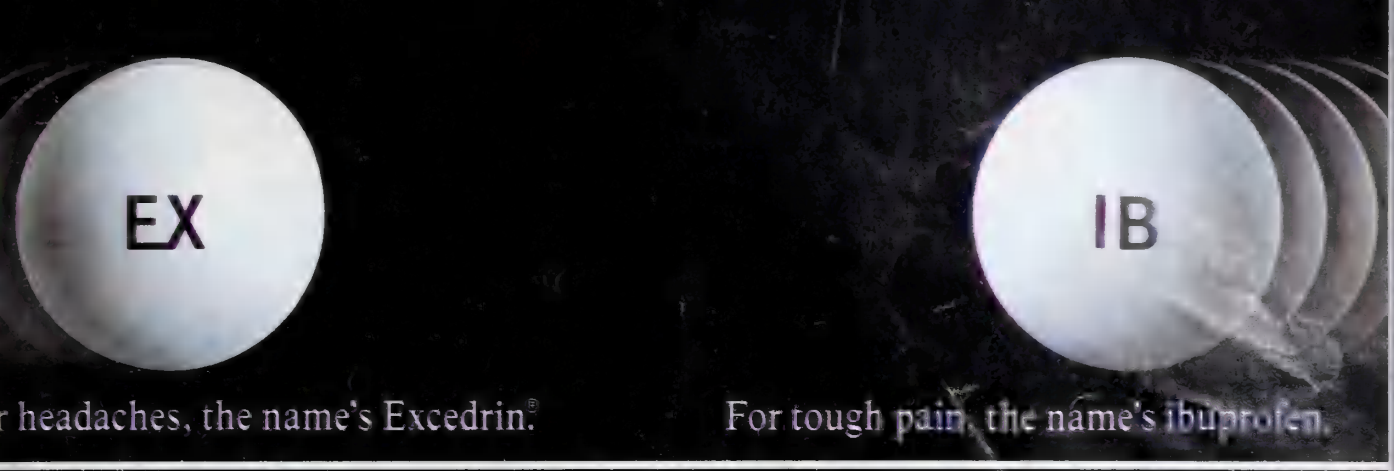
"Lynn was a nervous, anxious young woman who easily came overwhelmed with the little details of her life. Shy and troverted, she was terrified of her father and ignored by mother, who clearly favored her younger brother. When mother did turn her attention to Lynn, her comments usu took the form of backhanded compliments. Lynn never anyone to go to for love and comfort. In fact, the opposite m sage was sent: 'You're ugly and unimportant; you don't belo Lynn became the good girl, anxious to please, but with dan ously low self-esteem.

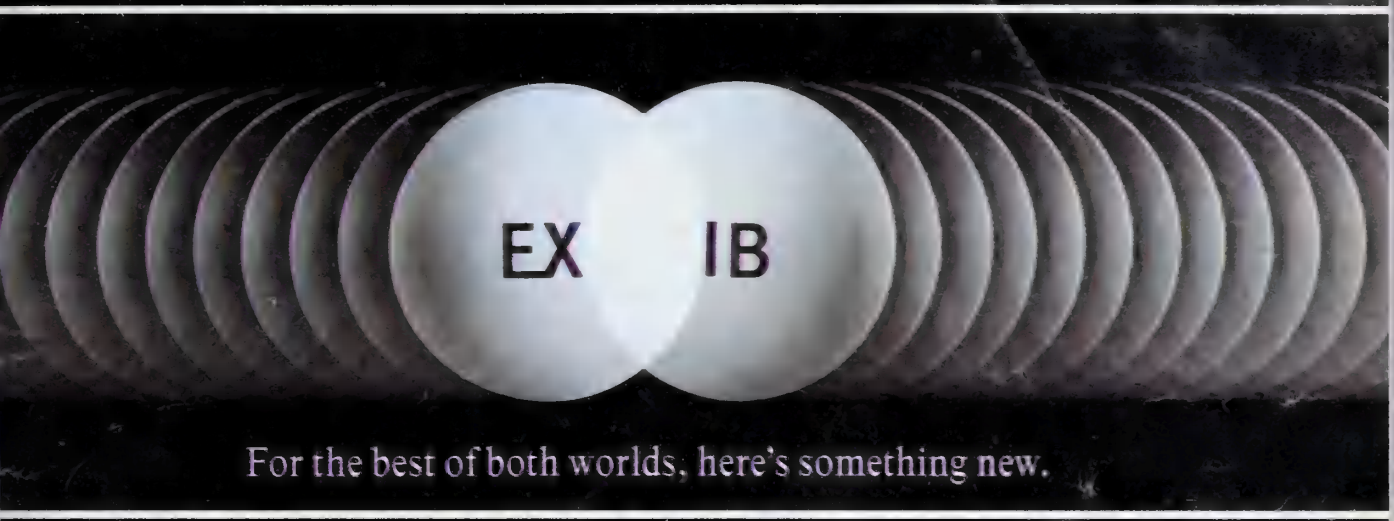
"A critical factor in the development of self-esteem and confidence is the feeling of belonging and acceptance we throughout our lives. We believe you have three chances to velop this sense of belonging: The first chance is in childh when you get feelings of worth from your parents; the sec chance comes in adolescence, in the form of acceptance by y peers; and the third chance is through a loving, vital relat ship. Lynn struck out all three times. And she was not get any replenishment for all her nurturing. *(continued on page*

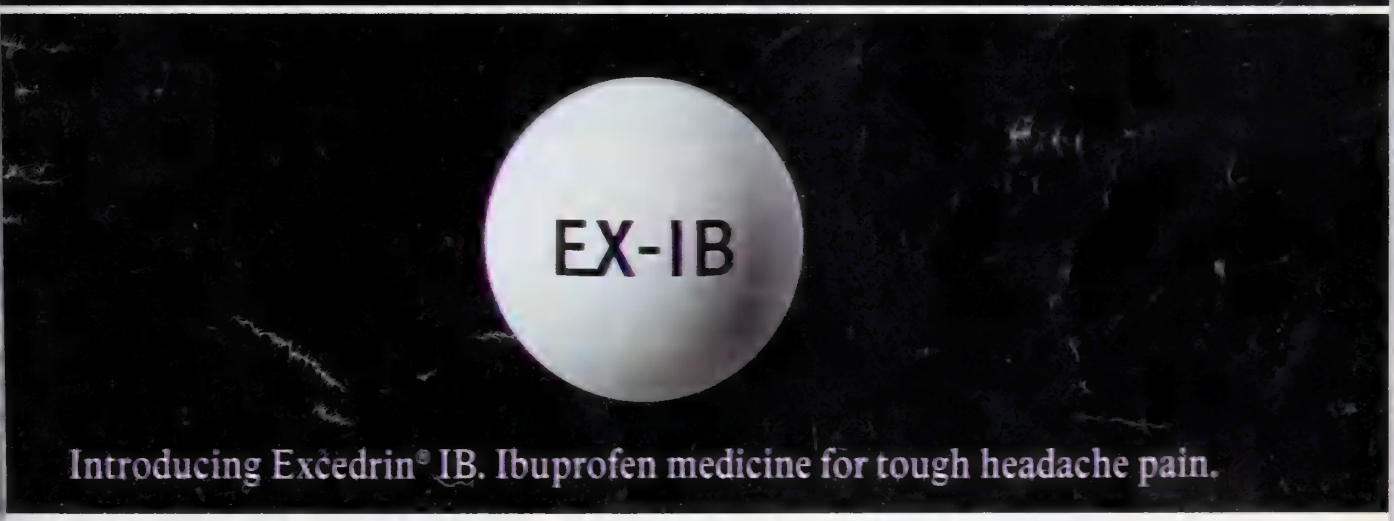
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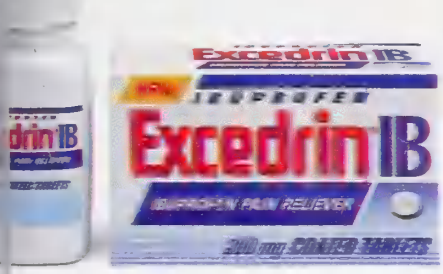
How to talk so others will liste

Like many of us, Lynn was her own worst enemy wh it came to expressing her feelings and asking for wh she needed. She had to learn to rephrase h comments or questions so she was not attacking blaming Rick. "Safeguard your spouse's self-esteem the Moschettas advise. "Remember that words se messages, and those words have to reflect a positiv loving message." Instead of screaming: "You alwa eat at your mother's, you're never home," say: "I planning dinner for six o'clock; will you be home then? If not, when is a good time?" That way, t conversation switches from one of blame to one stating expectations.









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"WHEN I SEE MY EX-HUSBAND, I HAVE THIS SECRET TRICK I PLAY ON HIM..."

by Leslie McClennahan

Did you ever notice that when you're fat, men don't look you in the eye? They look across your shoulder. There's no eye contact.

My name is Leslie McClennahan. I'm a real person. I live near Goose Creek, South Carolina. Up until two years ago, I was never looked in the eye. By anyone.

I was too tired to be a lover to my husband. I was falling asleep by 8 o'clock most evenings. When I did go out for an evening, my husband was ashamed of me. And said so to my face. When I walked, my thighs brushed together. I couldn't even cross my legs. I was fat. Not just "overweight." Fat. I was 5'5" tall and weighed 205 pounds.

About 18 months ago, my husband Darrell left a "Dear Leslie" letter on my dresser. And filed for divorce.

I went for counseling. I knew that my weight was the source of my troubles. But I'd tried 14 different diets. One by one. And I failed at all of them.

My counselor listened carefully and recommended an entirely different program. This wasn't a "diet." It was a unique new weight-loss program researched by a team of bariatric physicians—specialists who treat the severely obese. The program itself was developed by Robert Johnson, M.D. of Charleston, South Carolina.

I entered the program on October 2nd. Within the first four days, I lost only three pounds. So I was disappointed. But during the three weeks that followed, my weight began to drop. Rapidly. Within the next 193 days, I went from 205 pounds to 124 pounds. To me it was a miracle. This was the first time in my life I'd ever lost weight *and kept it off!*

The reason the program worked was simple. I was *always* eating. I could eat *six times every day*. So I never felt deprived. Never hungry. I could snack in the afternoon. Snack before dinner. I could even snack at night while I was watching T.V.

How can you eat so much and still lose weight?

The secret is not in the amount of food you eat. It's in the *prescribed combination* of foods you eat in each 24-hour period. Nutritionally dense portions of special fiber, unrefined carbohydrates, and certain proteins that generate a calorie-burning process that continues all day long... a complete 24-hour fat-reduction cycle. Metabolism is evened out, so fat is burned away around the clock. Not just in unhealthy spurts like many diets. That's why it lets you shed pounds so easily. Without hunger. Without nervousness.

And it's all good wholesome food. No strange foods. You'll enjoy a variety of meats, chicken, fish, vegetables, potatoes, pasta, sauces—plus your favorite snacks. Even some light wine or beer if you wish.

This new program must be the best kept secret in America. Because, up until now, it's *only been available to doctors*. No one else. In fact, The Charleston Program has been used by 207 doctors in the U.S. and Canada to treat more than 62,500 patients. So it's doctor-tested. And proven. This is the first time it's been available to the public.

There are other benefits too...

- ▷ There are no amphetamines. No drugs of any kind.
- ▷ No pills. No powders. No chalky tasting drinks to mix.
- ▷ There's no strenuous exercise program.
- ▷ You don't count calories. Just follow the program. It's easy.
- ▷ There are no daily charts or records to keep.
- ▷ You eat foods you enjoy. Great variety. Great taste.
- ▷ You can dine out.
- ▷ There's much less fluid retention.
- ▷ There's no ketosis. No bad breath odor.

But *here's* the best part...

Once you lose the weight, you'll *keep it off*. Permanently! I guarantee it!

Let's face it. We all have "eating lifestyles." Our eating habits usually include three meals a day. Plus two or three snacks. We all love snacks. Especially at night.

But most diets try to force us to change all that.

And that's why they fail!

The Charleston Program lets you *continue your normal eating lifestyle*. You can eat six times a day. You can snack when you wish. So, when you lose the weight, you can keep it off. For good. Because no one's forcing you to change.

Here are some *other patients* from South Carolina who entered Dr. Johnson's program with me.

Marie C. is a 42-year-old woman who went from 167 to 139 pounds in just three and a half months.

> *As I got into the program, I began to feel better, to develop more energy. Now my husband has trouble keeping up with me—in every way! I'm proud of my new body.*

Dr. Karl D. is a 36-year-old man who w from 275 to 145 in only *six months*!

> *...words cannot describe how good feel. I'm not hungry or tired at all. feel alive again!*

Fran H. is a 52-year-old woman who w from 223 to 135 in five months.

> *The world treats you differently wh you're fat... not just the social wor but the business world. My whole world has changed since getting tho 88 pounds off!*

Josette C. is a 33-year-old woman w went from 165 to 119 in four months.

> *My husband has started looking at the way he did before we got marr He's starting to show jealousy when other men look at me or want to t to me... it's wonderful.*

And then there's *me*.

Whenever I see my ex-husband, I h this secret trick I play on him. I kno restaurant where he goes with some of "buddies." I love to go there with a date have plenty now—stroll past his table whisper, "Hello, Darrell."

I know through the "grapevine" that friends often ask about me... Who am I Am I single? And he has to tell them. I lov

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"How I turned $300 into $100,000"

OVER THE YEARS, INVESTING IN THE STOCK MARKET HAS BUILT UP MY BANK ACCOUNT—AND BOOSTED MY SELF-CONFIDENCE

BY LU ANN STOFFEL, AS TOLD TO LESLIE VREELAND

If you ask me the most important accomplishments of my life, the fact that I've made $100,000 in the stock market won't top the list. I'm a wife, a mother and a grandmother first. I'm also a public servant: I've been president of the Minnesota Federation of Women's Clubs, head of the City Council in Hastings, Minnesota (where my husband, Dick, and I have lived since we married in 1950), and the mayor of our town for ten years. I'm retired from politics now, but I still invest in stocks. Investing has been crucial to my self-esteem. Twenty years ago, most married women spent their time doing volunteer work and taking care of their kids—they didn't think about making money on Wall Street. I was like that, too. But then I began to change.

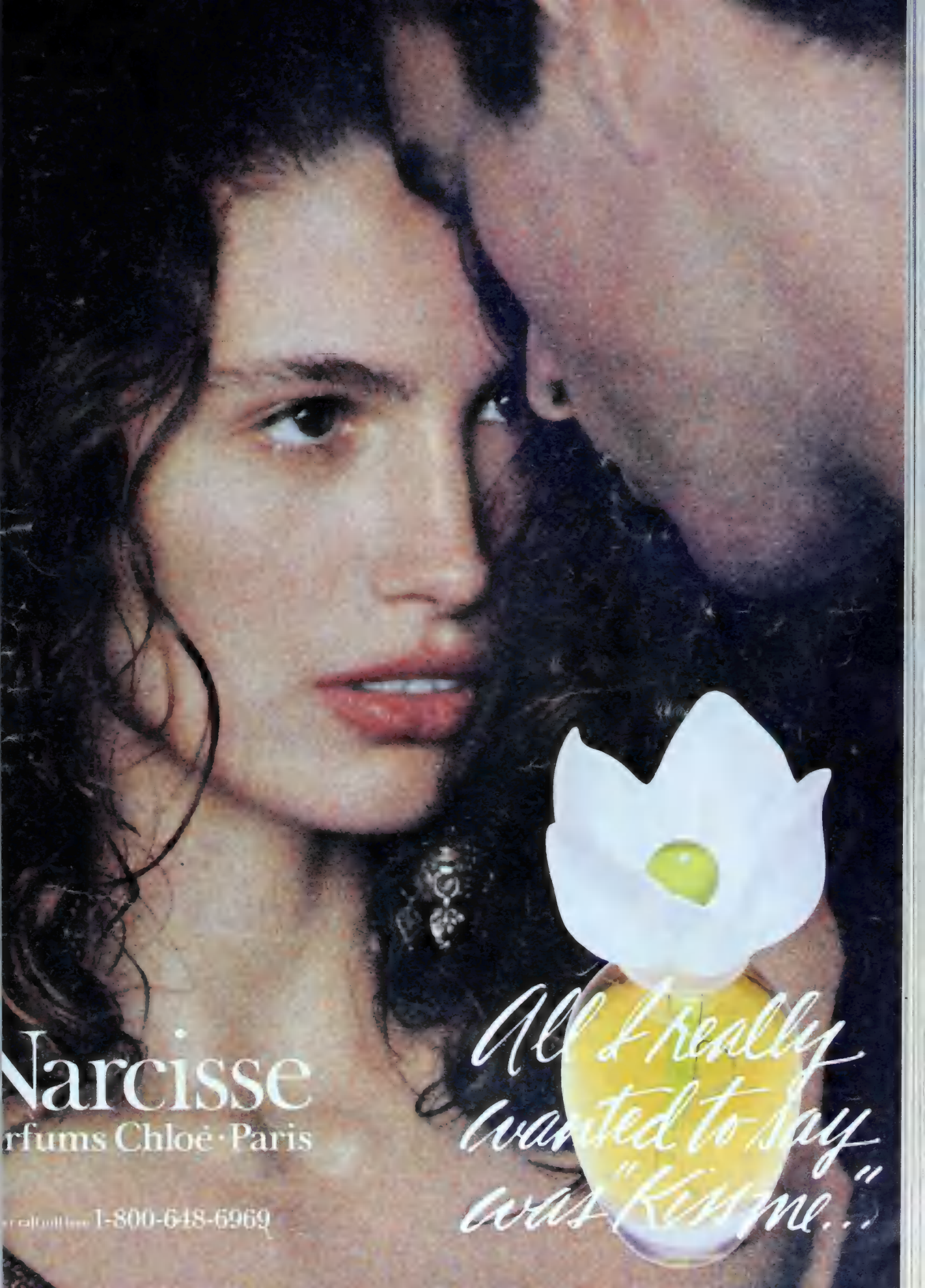


It all started with a telephone call. The year was 1973, and I was standing in the kitchen when the phone rang. Delores Ray, a very pleasant, enthusiastic-sounding woman a few years younger than me, said she was from Merrill Lynch and offered to sell me some stock. In fact, I'd already been an investor. Eight years earlier, the company for which Dick distributed beer—Hamm—was acquired by the liquor company Heublein. Dick was thrilled: He thought the takeover would propel Hamm, a regional outfit, into national distribution. To celebrate, I'd driven up to Merrill Lynch in St. Paul and bought five shares of Heublein (all I could afford) for him as a present. I still have the sales receipt; the stock cost $165.

Dick thanked me for his gift. Unfortunately, though, like many people who are unfamiliar with the market, he felt that owning stocks was a bad idea. The market was too risky to put your money into, he said; you'd probably lose it. Heublein dropped in price several months later, and Dick sold. I was a little hurt, but I understood. I never shared his perspective, however. Instead, I was tempted by what Dee Ray had to say.

Yet as I listened to her talk, I was hesitant. At that time, money was tight: We were putting our daughters, Laurie and Linda, through college, and our son, Jay, was about to start. Dee said it didn't take a lot of money to be an investor; some stocks sold for as little as a few pennies per share. I'm not a person who likes games of chance; I don't even like cards or Bingo. But stocks had always intrigued me. Stocks give you a chance to grow something for the future. That's important to me.

Investing money that our family needed to live on was out of the question. Then I remembered: Each year, for Christmas, my parents gave me a card with $100 inside, and I had three years' worth of gifts saved! I asked Dee what stock she would recommend. She suggested two; both were Minnesota firms. Bio-Medicus introduced a blood pump for use in open-heart surgery; SciMed Life Systems made catheters for use in coronary angioplasties. The companies sounded promising. Medicine interested me, and as Dee pointed out, neither stock cost a lot. I bought thirty shares of Bio-Med and fourteen of SciMed. The total cost: $294.95. *(continued)*


All I really wanted to say was "Kiss me..."
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continued

Then I forgot about investing for a while. I'd meant to buy something, set it aside, and get on with my life. Which I did: I volunteered to serve on the Hastings Planning Commission, and continued my involvement in the local Women's Club. Over the next couple of years, I found myself with a little extra money. I could have spent it on clothes or something for the house, I suppose, but I bought stocks. After all, I was trying to grow something for the future.

With Dee's help, I put $485 into Geo-Resources, a North Dakota energy company, as a hedge against inflation (which was high). I also bought thirty-five shares of Northern State Power Supply for $560. Northern was a Minnesota utility—and a sure bet. Utilities distribute earnings called dividends to shareholders, often four times a year. No matter what happened to the price of its stock, I knew I'd still get those regular payments. When Northern climbed to $25 a share from the $16 I'd paid, however, I made my first trade. For the first time, I knew what it was like to sell a stock and make a profit. It was exciting.

By now I owned a handful of stocks, but I still had plenty of things to keep me busy besides the market (like getting elected to the City Council). Then one day Dee called. "Have you been reading the papers?" she asked. "Geo is up!" Geo-Resources had struck oil. My stock had jumped from 97 cents to $7.50 a share, making my $485 investment worth nearly $4,000. I was richer, but my money was concentrated in just a few companies. To lessen the risk that my portfolio would be severely affected by a loss in any one of my stocks, I made some new investments to diversify my portfolio.

With the profits from Geo, I put $500 into New Perspectives, a mutual fund that invests in companies overseas. Dee had explained that investing in a fund is a good way to cut risk. A fund owns hundreds of stocks, and, often, if a few shares drop in price, others will rise. She also recommended John Stephens & Co., a local firm that owns a chain of Mexican restaurants called Chi-Chi's. Since there were several Chi-Chi's in the Twin Cities, I decided to check one out before committing my money. The food was tasty, and the ladies' room sparkled. I thought, Hastings is a typical American town, and I'm a typical consumer. If I like this place, other people will, too. I took Dee's advice and began buying Chi-Chi's.

To my amazement, the stock soared. When I bought it, Chi-Chi's was trading at $4 a share. It rose to $26. Chi-Chi's split about seven times while I owned it. Successful companies often "split" their stock, meaning that they increase the number of shares to keep prices affordable for new investors. Every time the stock split, my number of shares multiplied accordingly, and I invested the new shares in something else. My portfolio was now worth about $17,000. I was inspired. I started reading the finance sections of the newspaper. I desperately wanted to learn more about the stock market.

There was only one problem. Dick I share a lot, but somehow, I didn't th it was wise to inform my husband of particular success. He's a man of words, but I know he's proud of me tells our children he is, and they re back). Yet at home, Dick likes to be one in control. We had *(contin*

Seven tips for successful stock pickin

Lu Ann Stoffel made $100,000 in the stock market not by following fa strategies, but by sticking with a few basic principles of investing. "If I can it, anyone can," she says. Her advice:

1) Invest in companies you believe in and understand.

My biggest gains have been in firms where I was interested in the product a knew why it was important. I invested in Wal-Mart, for instance, because I v impressed when I shopped there.

2) Invest for the long haul.

No one can predict when the market will be up or down, so the best wa make money is to buy stocks or funds that you're sure of and hold on to th for several years. Time is on your side. One study found that if you bou stocks at the worst possible time each year for twenty consecutive yea you'd still come out a winner as long as you kept your money in the market

3) Educate yourself.

Most people who are afraid of the market don't understand it. If you take resp sibility for the ownership of your shares, you'll be less fearful and more involve

4) Stick with local companies, if you can.

There are big advantages to investing in local firms. For one thing, it's ea to attend annual meetings and speak with management. And local com nies will probably be covered by your hometown press in more depth tha publications like *Barron's* or *The Wall Street Journal*.

5) Diversify.

By spreading your money among several companies, you stem the risk big losses in your portfolio. The smartest, safest way to diversify is throu mutual funds. In a fund, hundreds of securities are pooled together; they bought and sold by an investment professional. Many funds have excell records, and some require initial investments of as little as $500. For a f primer on funds, write to the Investment Company Institute, P.O. Box 661 Washington, DC 20035-6140.

6) Find a broker you trust.

Look for someone you are comfortable with, who is easy to talk to and spects how much risk you are willing to take. To find a good broker, as friend or colleague who has had a positive experience in the market for a r ommendation. You can get a free brochure, "What Every Investor Sho Know" by writing to the Securities and Exchange Commission, Office of C sumer Affairs, Washington, DC 20549-2006. To check out whether a bro has been disciplined by regulators, call the National Association of Securit Dealers at 800-289-9999.

7) Join an investment club.

Clubs are low-cost, no-pressure places where you can learn a lot ab stocks. The best way to get involved in a club is by forming one of your ov Or try asking people who share your interest in stocks about a club y might join. Because investment clubs meet regularly, you'll be forced keep up on what's happening in the market, which is great for getting e cated. To learn about a club near you, contact the National Association of vestors Corporation, 1515 E. Eleven Mile Road, Royal Oak, MI 48067 or the NAIC at 313-543-0612.



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The pan. You don't need a special pan to saute – your everyday skillet will do just fine. The secret is to keep the pan uncovered and in motion – over high heat. (Saute comes from a word that means "to jump" in French.)

Don't overdo it. Today's pork stays juicy and flavorful if it's not overcooked. For best results, let pork come to room temperature for about 15 minutes, before you pop it into the pan. Heat a very small amount of oil and cook pork uncovered, turning occasionally until browned and tender. If you're making a sauce, remove the pork to a heated plate until the sauce is completed.

Apricot Pork Medallions.
(Serves 4. Preparation time: 15 minutes.)

Cut 1 lb. pork tenderloin into 1" slices. Flatten each piece slightly. Heat 1 T. butter over medium-high heat in a skillet. Saute pork about 2 min. each side. Remove from pan. To juices, add 1 t. butter, 1/2 c. apricot jam, 2 sliced green onions, 1/4 t. dried mustard, and 1 T. cider vinegar. Cover and simmer for 3-4 min. Add pork to heat through. Serve with buttered noodles and a green salad as side dishes.

For more pork recipes, send a self-addressed, stamped business-size envelope to: RECIPES-AD, BOX 10383, Des Moines, IA 50306.



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never discussed the fact that I was in the market; I thought he'd try to talk me out of it, and I was afraid he'd succeed. Furthermore, it was easy to miss the fact that I was investing, since I was the one who mailed our tax information to the accountant each year.

With my profits from Chi-Chi's, I branched out into new companies. My strategy has always been the same: With part of the profits from my winners, I invest in new firms. In addition to restaurants and energy, I've bought into computer manufacturers, environmental companies, even an outfit that makes robots. Sometimes Dee makes suggestions, and other times I ask her for information on what intrigues me. Once a year or so, we prune my portfolio, weeding out companies that no longer seem promising.

All my stocks have not been aces. Far from it! Flush from my success with Chi-Chi's, I invested in Fuddruckers, another restaurant chain run by the same management. I figured, how can I lose? Because Fuddruckers wasn't run the same way Chi-Chi's was, that's how. The stock sank from $16 a share, where I bought it, to less than $2, where I finally sold—and lost about $8,000. The pain. (Fuddruckers is managed by a different organization today. It is doing very well.)

It was three years later, and my portfolio was still only worth about $16,000. Yet I never contemplated pulling out of the market. I knew that historically, stocks have outperformed every other type of investment, and I always had faith that by sticking with them, I'd prosper. My losses did cause me to hedge my bets, though; today about $30,000 of my portfolio is in mutual funds. Granted, funds grow more slowly than stocks, but they can still be lucrative. My $500 investment in New Perspectives, for example, has grown to $6,000.

Losing money in stocks also convinced me to invest in companies that I truly believe in and understand. For the most part, that's medical firms. These companies touch something deep in me; I wanted to be a medical missionary when I was growing up, and six of my nieces and nephews work in the health-care field (so we often talk about that industry). And, because the firms are local, it's easy to keep up on what they're doing. Sticking with what you know can pay off. My $147 investment in SciMed Life Systems, for example, made over $8,000. A $3,700 investment in American Medical Electronics, which makes orthopedic devices, is worth $20,000. And the $148 that I put in Bio-Medicus (now Medtronic) is worth $30,000—almost a third of my portfolio.

Dee has moved from Merrill Lyn John G. Kinnard, and she's one o top brokers at her firm. She has be helpful guide and a good friend thr all my years of investing. Yet ultima as an investor, I know I'm on my ov realized it early on, when I noticed Braxton Industries, a railroad-tie di er she recommended, had disappe from the stock-exchange tables in newspaper. I called to ask her what happened. "It's your responsibili find out—you're the shareholder," replied. Dee disappointed me then, learned that to invest successfully, y got to pay attention and learn as mu you can. (Braxton had gone private.)

On both those scores, the Hasting vestment Club has been invaluab joined at the invitation of a next- neighbor, who said it was a good w meet people who shared my inter and I've been a member for fifteen y We meet on the second Saturday of month for pastries, coffee and stock t

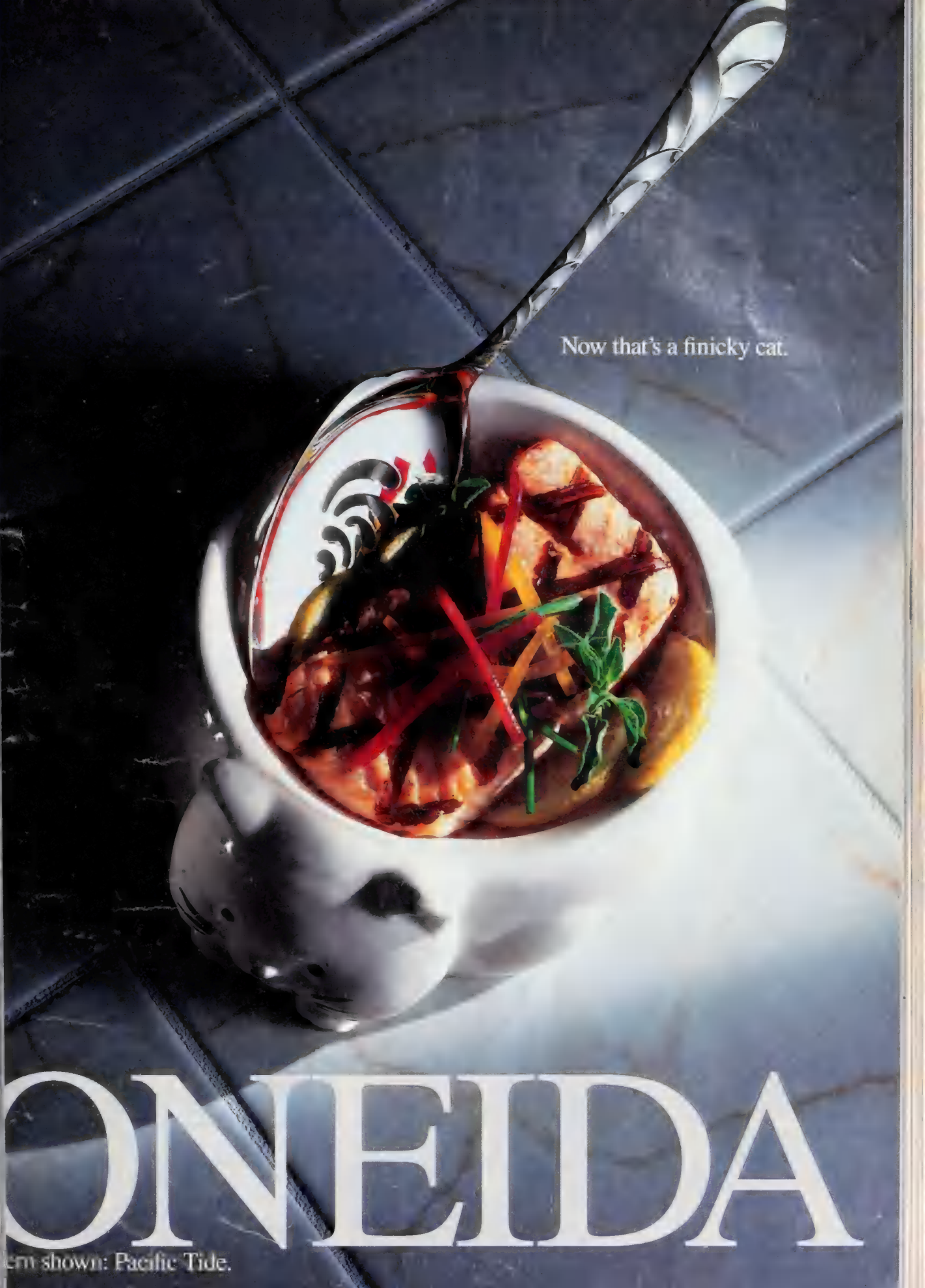
The club has taught me almost ev thing I know about investing. We for companies that are worth more they cost, and gather informatio them through Value Line, an advi service that evaluates stocks for tim ness and safety. Then we decide i want to buy and when we want to sel pooling our money, we can purc more shares than we could as indiv als. Each person contributes $ month; everybody also contributes i Last year, we had a 29 percent retur our investments. By comparison, Standard & Poor's 500 Index, a br based measurement of the market, ga 30 percent in the same period, and Dow Jones Industrial Average wa about 20 percent.

Once I joined the Hastings Investm Club, of course, the jig was up. I knew for sure that I was in the stock ket (he just didn't know to what ext A few years later, when my losses gains became sizable enough that th make a big impact on our taxes, my band didn't praise me (he has a l pride); nor did he cast blame. Despit feelings about it, Dick has never ma derogatory remark to me about inves You have to give each other space marriage. He let me be.

By 1990, my portfolio was worth a $50,000. Over the past two years, it doubled. In June, I was featured in a *ey* magazine article on the ways wome often smarter than men are about mo At last, I told Dick I'd made $100,00 the market. He didn't bat an eye.

"Lu," he said, cracking a grin, " ways knew there was a good reason t married you."

Leslie Vreeland is a free-lance writer specializes in personal-finance issues.


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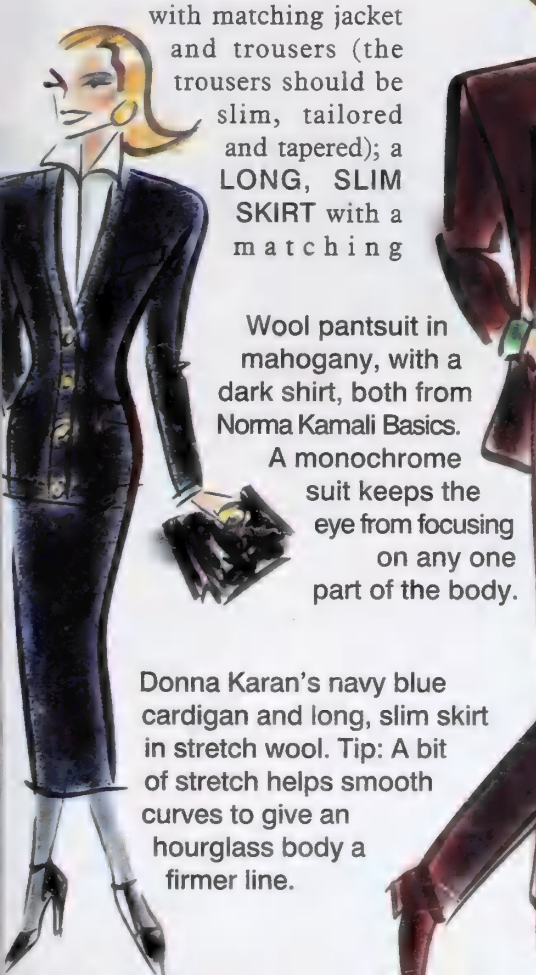
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(like Dolly Parton, Cindy Crawford, Liz Taylor and Kirstie Alley), you're very curvy, with ample breasts and hips and a small waist. Hourglass bodies also tend to have broad backs and full thighs.

YOUR GOAL: To give your body a firm, sleek, vertical line with styles that counteract the strong horizontal features of an hourglass figure.

BEST BUYS NOW: A SINGLE-BREASTED PANTSUIT with matching jacket and trousers (the trousers should be slim, tailored and tapered); a LONG, SLIM SKIRT with a matching CARDIGAN-STYLE JACKET; a roomy sweater worn over SKINNY STIRRUPS or SKI PANTS; easy-fitting BODYSHIRTS (bodysuit-style blouses) in fluid rayon or washed silk that don't add tuck-in bulk to tummy and hips; LONG JUMPERS; rear-or-side zip PENCIL PANTS; a narrow CHAIN BELT.



Wool pantsuit in mahogany, with a dark shirt, both from Norma Kamali Basics. A monochrome suit keeps the eye from focusing on any one part of the body.

Donna Karan's navy blue cardigan and long, slim skirt in stretch wool. Tip: A bit of stretch helps smooth curves to give an hourglass body a firmer line.



Big over slim is the classic solution for calming curves: a deep-V tunic sweater and stretch riding pants that are slim but not clingy, from A-Line Anne Klein. What's new about this season's tunics? Polo-style collars and turtlenecks.

WHAT TO AVOID: Short or boxy jackets; fitted shirts and vests; wide or contrasting belts; patterns; prints and horizontal stripes; pleated, circle and swing skirts.

SPOT CHECK

Vanity Fair's Body Smoothers/ Shapers longline



bra and nylon/Lycra slip are a tongue-in-chic way to control curves and add a little leopard to your life. Bustier, style #77496, $35; La Tulipe Slender Slip, style #40496, $26.

Makeup, Bobbi Brown for Frederic Fekkai at Bergdorf Goodman; hair, Gad Cohen for Gad Cohen Studio. Model, Silke Horstkamp of Next.


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If you're UNCURVY

(like Daryl Hannah, Winona Ryder, Sean Young and Linda Evangelista), your body has minimum definition (no waist)—you could be slim and athletic-looking or a bit boxy.

YOUR GOAL: To add curves and strengthen body contours with the right kinds of clothing. The good news is that you can wear the most extreme styles with confidence—they're made for your figure.

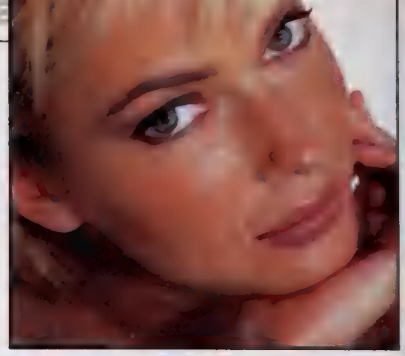
WHAT TO AVOID: Oversize or boxy jackets; big, baggy sweaters.

Abbreviated mahogany leather trench and cotton/Lycra ski pants in tobacco by A-Line Anne Klein. A belted jacket with a very crisp shape makes *you* more shapely.

Shaped flannel suit in bold black-and-white plaid by Norma Kamali adds instant roundness.

BEST BUYS NOW: Soft cotton or wool PULLOVERS to wear instead of shirts. Look for crews, turtles and mock turtles in plain or ribbed styles; long or short DRAPED SKIRTS; SCULPTED SUITS AND JACKETS with a close-to-the-body, forties fit; BELTED JACKETS in trench or safari styles; KNIFE-PLEAT SKIRTS.

Ivory lamb's-wool crewneck pullover and navy wool-jersey draped shirt by Anne Klein II soften angles, give the illusion of curves. Breaking up the body with light and dark colors creates a waist.



JUST BROWSING

According to New York makeup ace Bobbi Brown, "the brow is the most important feature now. It gives your face instant character." Women with fairly thick, well-shaped brows are in luck. Those with skimpy or pale brows? "Count on powder brow makeup," says Brown. "It's a lot easier to apply than pencil and looks more believable."







Brown's steps to the perfect brow: 1. Brush your brows up, then raise them so you can really see where the gaps are. 2. Fill in the sparse spots from the bottom of the brow upward, using light brush strokes in the direction of the hairs. 3. Square off the inner corners of the brow (brush straight up). This is the key to creating a strong brow. 4. Finish by dusting on translucent powder, in the direction of brow growth.

NEW POWDER BROW PRODUCTS TO TRY:

FOR BLONDS: *Revlon Natural Brows Color & Style System in True Blonde; Elizabeth Arden Great Color Brow Makeup in Soft Blonde.*

FOR LIGHT TO MEDIUM BRUNETS: *Maybelline Ultra Brow Brush-on Brow Color in Light Brown.*

TRUE BRUNETS: *Elizabeth Arden Great Color Brow Makeup in Sable; Estée Lauder Two-In-One Eyeliner/Browcolor in Black/Brown.*


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If you're a PEAR

(like Candice Bergen, Julia Roberts, Andie MacDowell and Isabella Rossellini), you're smaller on top, wider below the waist; your shoulders are narrower than your hips.

YOUR GOAL: To create width above the waist while playing down the size of hips and thighs.

BEST BUYS NOW: SLOUCHY MEN'S-STYLE SUIT with classic, pleated, full-cut trousers and a matching, single-button jacket with a long notched collar; a SLEEK COAT-DRESS, single-breasted, with a low V-neck; classic BLACK JEANS (this year's alternative to leggings); a BRIGHT, OVERSIZE BLAZER to wear with a dark bottom—best in red, yellow, pink; BODYSHIRTS and RIBBED BODYSUITS; boatneck and cowlneck RIBBED TUNIC SWEATERS; TWIN-SETS; DRAPED SKIRTS.



Red wool/cashmere jacket, black jeans, blue denim work shirt and ribbed ivory long-sleeve tee, all from A-Line Anne Klein. Pear shapes benefit from upper-body layering.

Slouchy pantsuit and ribbed bodysuit by A-Line Anne Klein features deep-V lapels and padded shoulders—a fast, flattering way to focus attention on top.



Single-breasted coatdress by Norma Kamali Basics in raisin, a hot new color for fall, creates a straight, defined shoulder line. Add a crisp white shirt for extra style and more focus on top. The rest of the body stays monotone, with shoes and hose toned to dress.

WHAT TO AVOID: **Waist-length jackets; full skirts and mid-calf skirts; high, wide waistbands; wide or contrasting belts.**



THE WOOL DICTIONARY

WOOL IS THE FABRIC OF CHOICE FOR THIS SEASON. WE SPOKE WITH BARRI LEINER, PUBLIC-RELATIONS MANAGER FOR THE WOOL BUREAU, TO FIND OUT MORE

BOUCLÉ A very soft, thick, textured wool that's knitted or woven to produce a looped or knotted look. Most common uses: tailored jackets and dressier suits.

CREPE A very light fabric with a slightly pebbled or crinkled surface. Has day-to-dinner versatility. Most common uses: dresses, suits and separates.

FLANNEL Extremely soft wool with a slightly brushed, suedelike finish. Most common uses: tailored blazers, skirts.

GABARDINE A highly durable, twill worsted fabric. (FYI: Worsted is a general term for tightly woven, smooth wools.) Most common uses: separates and coats.

JERSEY A fluid, lightweight single knit with very fine, nearly invisible ribs. Most common uses: dresses, tunics.

LAMB'S WOOL A soft wool shorn from lambs up to eight months old. Slightly less expensive than merino wool. Most common use: sweaters.

MERINO A very fine, soft, cashmerelike wool from the merino sheep. More luxurious to the touch than lamb's wool. Most common use: fine sweaters.

TWILL A sturdy fabric with diagonal ribs. Two common types of twill are cavalry twill, which has pronounced, rounded ribs, and whipcord, which has smaller, more compact ribs. Most common uses: tailored jackets, ski pants.



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CNN, THE WORLD'S NEWS LEADER, AND LADIES' HOME JOURNAL PRESENT UP-TO-THE-MINUTE FACTS AND FINDINGS ABOUT THE WORLD TODAY

AIDS update Luc Montagnier, M.D., the French scientist who identified HIV eight years ago, suspects other viruses and germs may boost HIV's capacity to cripple the body's immune system. At this year's international AIDS conference, noted researchers joined Montagnier in a pledge to learn more about these "co-factors" in hopes of finding more effective treatments for people with AIDS.

—DAN RUTZ, *HealthWorks*

The food detective You may never have to thump or squeeze a cantaloupe again, thanks to a high-tech alternative called the Magnetic Resonance Fruit Ripeness Detector. The device, developed by Purdue University researchers, measures the amount of water and sugar content and the degree of firmness—the three factors of ripeness—in less than a second. It will be tested in an Indiana supermarket before coming to a store near you.

—MILES O'BRIEN, *Science and Technology Week*

Kids' cruise activities In an effort to entice parents, the travel industry has begun catering to kids. According to the Cruise Lines International Association, families now make up about 28 percent of cruise vacationers. Cruise lines are offering, among other activities, pirate-treasure hunts for children and photo opportunities at the captain's wheel. As a result, parents have the opportunity to do something very unusual on their vacation: rest.

—KATHY KUCZKA, *CNN Travel Guide*

Movies of the month October's hottest releases include:

—*Hero* (Dustin Hoffman, Geena Davis and Andy Garcia) A comedy about a reporter who gets a bigger story than she bargained for.

—*Rain Without Thunder* (Jeff Daniels and Betty Buckley) A chilling drama set in the year 2042—when abortion has been illegal for twenty years.

—*Night and the City* (Robert De Niro and Jessica Lange) A remake of a 1950s dramatic comedy about a small-time lawyer involved in big-time boxing promotions.

What they're wearing When it comes to their personal evening clothes, leading women designers around the world are emphasizing sizzle. Donna Karan says her favorite item is a seductive black dress with a plunging neckline. In Paris, Martine Sitbon has picked a white shirt with a lace jabot, black trousers and matching jacket. And leading German designer Jil Sander swears by a sexy black pantsuit.

—ELSA KLENSCH, *Style with Elsa Klensch*

The female diet After decades of research on how diet affects men's health, scientists at the National Institutes of Health (NIH) have decided to see how foods affect women. In the next fourteen years, the NIH expects to spend more than half a billion dollars to study 150,000 American women in a project called "The Women's Health Trial." One of the studies in the project aims to find out if following a low-fat diet really can reduce the incidence of heart disease, breast cancer and colon cancer in women.

—CAROLYN O'NEIL, *On the Menu*

Watch **CNN's *Living in the '90s with Christie Brinkley*** premiering September 14 at **10:30 A.M.** E.T. for a look at style (Monday), health (Tuesday), travel (Wednesday), food (Thursday) and showbiz (Friday).


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ANNE RICE
Interview with a vampire's mom

Just in time for that most haunting of holidays, Halloween, comes Anne Rice's latest terrifying tome, *The Tale of the Body Thief* (Knopf, 1992).

The fourth installment in Rice's popular blood-sucking series, The Vampire Chronicles, *Body Thief* tells the sinister story of a reluctant vampire who will do whatever it takes to become a man once more. Although Rice says her own chilling books don't frighten her, plenty of other things do. "I'm scared of the dark and of being alone," she says. "I always try to have people around—even if I have to hire them!" Still, those fears don't stop Rice from engaging in one of her favorite pastimes—strolling through graveyards in her hometown of New Orleans. Explains the fifty-one-year-old author, "We should never forget the dead; they're a part of life."—BEATRICE CHOW

COUNTRY HUNKS



Country music is everywhere—topping the charts, filling the airwaves, invading MTV; it even has its own cable channels. Now it also has sexy male superstars who wow audiences with their good looks, honky-tonk licks and rock 'n' roll–style showmanship. Here, *LHJ* looks at some of today's cutest crooners

BILLY RAY CYRUS's recent chart-topper, "Achy Breaky Heart," has rocketed the thirty-year-old singer to instant stardom. But until he turned twenty, the only thing that Cyrus, a preacher's grandson from Flatwoods, Kentucky, played was baseball. Then, he says, an "inner voice" told him to get a guitar. The young singer formed a band, and now, ten years later, he's topping both the country and pop charts—and causing near-riots at his concerts when he strips down to a muscle-revealing tank top.



CLINT BLACK



BILLY RAY CYRUS



GEORGE STRAIT

When **CLINT BLACK**, thirty, married actress and fellow Houstonian Lisa Hartman last year, a collective sigh of disappointment was heard from thousands of his fans. Luckily, however, tying the knot hasn't lessened Black's sex appeal or musical salesmanship: His most recent release, *The Hard Way*, is headed for double-platinum—at least. Which means that Black has finally proved himself to his father, who once told Clint he hadn't "spent enough time in barrooms or working construction" to write country songs.

Five-time Entertainer of the Year **GEORGE STRAIT** has had more number-one songs than any other solo country performer. One of the first "new traditionalists" to put the classic back into country, Strait, forty, grew up riding horses and roping cattle; he learned to play the guitar during a stint in the army. But when *(continued on page 46)*


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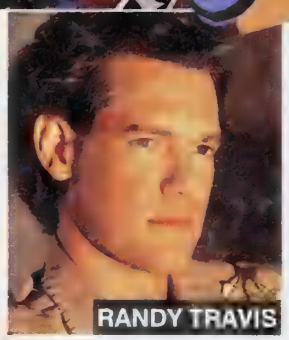


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(continued from page 43) he brought his love of Western swing, honky-tonk and touching ballads onto the scene in the early eighties, Strait caused a retro revolution—and he has been influencing younger artists ever since.

Like Strait, **RANDY TRAVIS**, thirty-two, is an artist whose clean, spare style recalls country's earlier era. The author of modern standards like "Too Gone For Too Long" and "Diggin' Up Bones," he's earned five platinum albums, two Grammys and ten American Music Awards. Married to his manager and former guardian, Lib Hatcher (she's rumored to be twenty years his senior), Travis doesn't seem to have a roving eye—though he's more than happy to accept roses onstage from his adoring female fans.





TRAVIS TRITT, a twenty-nine-year-old former truck driver, played the Atlanta club circuit for six years until he was finally "discovered." His signature song, "Here's a Quarter (Call Someone Who Cares)," was written in the aftermath of his second divorce. The high-volume, sing-along ballad highlights Tritt's sardonic sense of humor. "Sometimes," the popular singer has said, "I joke that I'm gonna go out and get married and divorced again so I can come up with the next album."

—MARJIE MCGRAW

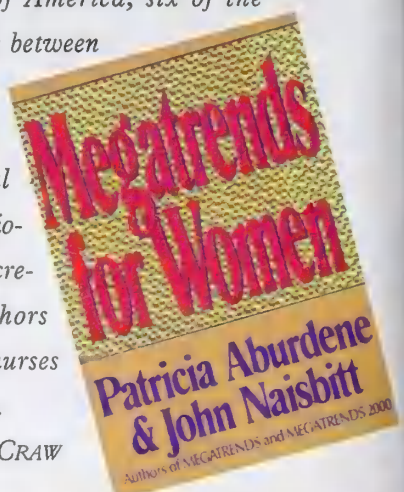
WOMEN'S LIVES IN THE '90s —AND BEYOND

YOU'RE STILL EARNING ONLY SEVENTY-ONE CENTS FOR EVERY DOLLAR A MAN EARNS, BUT THE STATUS OF WOMEN IS IMPROVING, ACCORDING TO PATRICIA ABURDENE AND JOHN NAISBITT, AUTHORS OF *MEGATRENDS FOR WOMEN* (VILLARD, OCTOBER). BELOW, SOME OF THEIR MOST INTRIGUING PREDICTIONS FOR CHANGE—BOTH GREAT AND SMALL:

■ **THE NEW-GIRL NETWORK** *During the next two decades, an upcoming generation of women will be elected governors, congresswomen and senators—relying, in no small part, on contributions and support from other women. In fact, the authors estimate, by the year 2008, women will hold at least 35 percent of congressional seats and governorships. And by that same year, a woman may very well be elected president.*

■ **THE MENOPAUSE BOOM** *As the women of the baby-boom generation approach fifty, an estimated forty million to fifty million of them will undergo menopause by the year 2012. This confrontation with mid-life, the authors say, has never before occurred on such a scale. As a result, menopause will become one of the nation's most important health-care issues—though, thanks to women's increased activism, breast cancer and heart disease in women will also get more attention.* ■ **SHOP (BY PHONE) TILL YOU DROP** *Fewer and fewer of us are going to the mall. Why? Many stores simply don't stay open late enough for women who work outside the home. Mail-order has more than doubled its sales, and it doesn't look as if it's slowing down. Malls are, however, still good for something: aerobic walking. In fact, one footwear company has introduced a shoe specifically designed for pounding those indoor pavements.* ■ **THE HOTTEST JOBS** *Not surprisingly, with the aging of America, six of the fastest-growing career categories between 1990 and 2005 are in health care: home health aides, personal and home-care aides, physical therapists, medical assistants, radiologic technicians and medical secretaries. And by 2005, the authors say, the number of registered nurses will grow 44 percent, to 2.5 million.*

—*SARAH MCCRAW*




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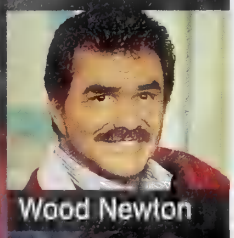
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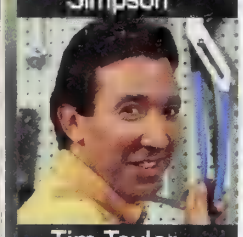
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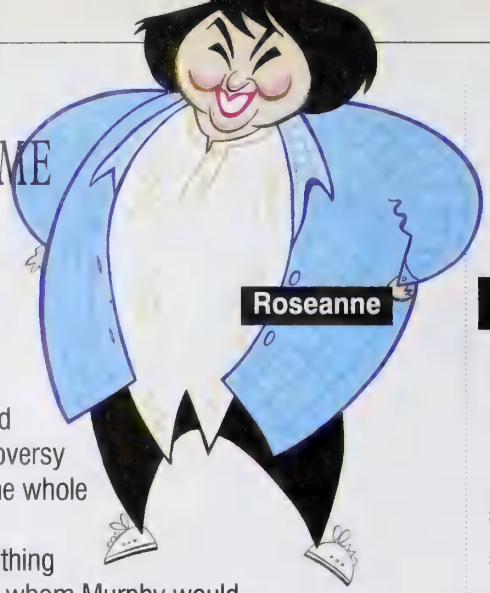

Wood Newton


Rebecca Howe


Homer and Marge Simpson


Tim Taylor


Major Dad


Roseanne

Coach

ELECTION TIME IN TV LAND

When Vice-President Dan Quayle criticized Murphy Brown's decision to become a single mother, he stirred up an enormous controversy about family values. The whole brouhaha started us wondering about something else, though: We know whom Murphy would vote for this November, but what about some of our other favorite TV characters? No one at the networks would answer our queries, so we decided to make our own predictions.

"Major Dad" MacGillis *(Major Dad)* is a marine through and through. Voting for his current Commander-in-Chief is not just his choice—it's his duty. Arkansas native **Wood Newton** (*Evening Shade*) will join the rest of his Evening Shade neighbors in supporting Clinton, their local candidate. **Tim Taylor** (*Home Improvement*) loves to revel in his manliness; hunting, fishing, playing poker with the boys—these are the things that rev up his engine. It's no surprise, then, that George Bush (who owns a cigarette boat, after all) will get Taylor's vote. **Roseanne Conner** (*Roseanne*) knows firsthand just how bad Reaganomics was—and Bush hasn't done any better. So although she thinks Clinton's boring, she'll be voting for him anyway. **Hayden Fox** *(Coach)* is known for his fear of change; since he probably thinks Bush stands for the status quo, the President will score the coach's support. **Homer Simpson** *(The Simpsons)* doesn't even know there's an election this year, but **Marge** definitely does. She's taking the "year of the woman" to heart and voting Democratic. **Jake Hanson** *(Melrose Place)* represents a generation that has been labeled apathetic and cynical. Yet, true to his peers, he won't be voting for anyone. **Rebecca Howe** (*Cheers*) is easily impressed by rich businessmen like former fiancé Robin Colcourd (even if they are a bit wacky). Her unflagging support still goes to Ross Perot.

—Melanie Berger

Robert Redford: sneaking around

Tired of action films that star only young hotshots? Well, here's a movie for you: *Sneakers*, due out in September, stars a couple of, well, *mature* hotshots (Robert Redford and Sidney Poitier) and tells a story that's considerably more cerebral than, say, *Lethal Weapon 3*. Redford runs a security consulting firm staffed by



an eclectic group of technical wizards (including Poitier, Dan Aykroyd and—the youngster on the block—River Phoenix) who can crack just about any computer system around. So when information that could change the course of history falls into the wrong hands, Redford and his fellow "sneakers" are forced to play a high-stakes, high-tech game to get it back. Redford sees the film as a harbinger of some rather regrettable things to come. "It's quite possible that a war in the future will be a war of information," he says. "Whoever has it, wins."—M.B.



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Funny lady

Fresh from the success of *Sister Act,* Whoopi Goldberg talks about her new projects: a late-night talk show, another film and a kids' book—for starters

BY MELANIE BERGER

Whoopi Goldberg is slouched in her chair, her sandaled feet propped up against a table, her hair a wild zigzag of braids. Gnawing on an enormous bar of strawberry taffy in between puffs of her Marlboros, she's clearly in a very mellow mood. And she has good reason to be: Thanks to two recent hits at the box office (the critically acclaimed *The Player* and last summer's sleeper hit, *Sister Act*), Whoopi Goldberg is on top of the world.

So it's not surprising that when the thirty-seven-year-old actress talks about her upcoming projects, the excitement in her voice makes even an ordinary hotel suite feel alive with possibilities. First, there's *Alice*, her new children's book, in stores now. On its heels is her late-night talk show, *The Whoopi Goldberg Show,* syndicated around the country. Topping it off is her newest film, *Sarafina!*. No doubt about it, Goldberg is, in her own words, "flooding the market."

It's the kind of success that must have seemed to Goldberg, once upon a time, like an impossible fantasy. As a young woman growing up in a New York City housing project, she watched countless Hollywood movie classics and imagined going west to act alongside her favorite stars—most of whom, she says, were long dead (though she didn't realize that at the time). "I had a black-and-white television," she explains wryly. "So you'd see all these movies [and they all looked alike]. No one ever said, 'John Garfield died ten years ago.' "

Chances are, though, even that knowledge wouldn't have stopped Whoopi from going after her dream. When she moved to California in 1974, she'd just turned nineteen, was recently divorced from her first husband and had an infant daughter, Alexandrea, to worry about. She worked as a beautician to make ends meet, but when that didn't pay the bills, she ended up on welfare. All the while, however, the tireless actress pursued her career. By the time she staged her own one-woman show (directed by Mike Nichols) in New York City in 1984, her performances were indelibly marked by her past: wild, offbeat and decidedly different. Born Caryn Johnson, she even made up *(continued)*

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Whoopi Goldberg

continued

her own name. Whoopi Goldberg had arrived.

But along with the funkiness came an unmistakable empathy and warmth. And it's this quality, more than any other, that has made Goldberg so appealing to audiences. It has also enabled her to explore a wide range of characters. Even as a young artist, Whoopi refused to be boxed into one kind of role—or even one gender. In her early act, she played everything from a male drug addict with a Ph.D. in literature to a little black girl who wanted so desperately to be white that she took baths in bleach.

Soon she was parlaying her flexibility and forthrightness into a successful film career. Beginning with *The Color Purple*, for which she got her first Academy Award nomination, and surviving a series of box-office bombs (including *Jumpin' Jack Flash, Burglar, Fatal Beauty, and Homer & Eddie*), Goldberg finally found her comeback role in 1990 when she played a kooky psychic in *Ghost*, the sleeper hit of the year. The film earned her an Oscar for Best Supporting Actress and launched her current wave of success.

Her rise to stardom took everyone by surprise—except Whoopi herself. While she acknowledges that she isn't exactly your typical leading lady, the aggressive actress doesn't let racism and sexism in Hollywood stop her from going after what she wants. "Occasionally I get annoyed," she'll admit, when pressed. "But you can waste a lot of time doing that, or you can go on and do what you have to do. I kind of believe that it's *your* problem, you know? 'Cause you don't wake up in the morning and say, 'Gee, I'm white.' Well, I don't think about being black. It just doesn't come up."

And what about sexism? "I know it's there," says the actress, "but I don't get much of it. And it doesn't stop me from doing anything." Indeed, Whoopi only became more versatile, playing roles originally intended for Shelley Long (*Jumpin' Jack Flash*), Bette Midler (*Sister Act*) and Bruce Willis (*Burglar*).

It's that stubborn independence—even contrariness—that saw Goldberg through the filming of her newest movie, *Sarafina!*, in Soweto, South Africa, early this year. Based on the Broadway musical and due out October 20, the movie tells the story of a young girl (played by Leleti Khumalo) who leads a group of high school students struggling to end apartheid. Goldberg plays her teacher, a kind, principled revolutionary who eventually "disappears" because of her political views.

The scary thing is, for a while it looked as if Goldberg herself might "disappear" while on location. Although decade-long cultural boycott of So Africa had been called off by Nel Mandela and the African Natio Congress, as well as the United State the time Goldberg went to Soweto, se al of South Africa's radical black-lib tion groups thought she should h stayed home. They denounced her in popular press, and Goldberg thinks may have even bugged her hotel r and stolen her passport (which tur up, mysteriously, shortly before she set to return home). Throughout the troversy, Goldberg resolutely kept w ing. And although she doesn't agree the groups' tactics, she does unders their motivation. "There are four t sand small groups in South Africa," says with a shrug, "and they needed s publicity, so they used me."

Her sympathy for the underdog fuels Whoopi's opinions on social is in our country. "We have not offered day's children] hope," she says sadly my day, hope was offered. There we ternative schools, day-care progr hot-lunch programs, job-training grams that included everyone. . . . I great offense when the present go ment tries to make us believe that current problems] are the result of old policies."

But while Goldberg isn't pleased the Reagan/Bush legacy, she ackn edges that society overall must tak sponsibility for recent racial tension the general dissatisfaction felt aroun country. These are problems, she that must be solved, at least to som tent, on a personal level. "There are of things we have to come to terms w she says, after pausing a moment t lect her thoughts. "Like believing are *them* and there are *us*, when we Americans." Goldberg, who admit used drugs recreationally as a teen worries that today "more people are ping off into crack, alcoholism. can't get jobs, unless they're se drugs. It's so painful; the whole syst out of whack."

As a strong pro-choice advocate w not afraid to express her views, Gol often participates in protests and m es around the country. "Not every can afford to [have a baby]," she emphatically. "Nor does everybody to. Nor should they have to. It is a sion that should be left to the p whose business it is to make it. that's the individual—not the go ment, not the church."

As for the upcoming presidentia tion, the actress, who would probab to strongly support a candidate, is dissatisfied." No fan of George Bus says she'll probably vote for Bill C by default. "He's sort of a wishy- candidate," she says, sighing. "D

much about anything. But he seems ways be in the news."

oon, in fact, he could even be a guest Goldberg's own talk show. "Someone red me the opportunity [to do a w]," Goldberg explains with a grin, d I said yes." The format—a half- r conversation with one guest, sans d, sidekick or audience—is one she es will bring a fresh angle to the -night genre. She insists she's not ng to compete with Jay Leno or Ar- o Hall or David Letterman; she just ts to talk to the people "who I think amazing, politically, socially and in rtainment. And talk about *them*, not their newest project.

'm hoping people like Tom Metzger come on. [Metzger, a former leader group called the ite Aryan Resis- e, was found guilty 990 of inciting the ing death of a k Ethiopian immi- nt.] I want to ask *why* he feels the he does." Politics e, however, there also be plenty of orities popping in he show. The line- f guests is already ressive: Cher, Billy stal, Robert De o, Michael Dou- Richard Dreyfuss, Anthony Hop- Burt Reynolds and Robin Williams already agreed to go face-to-face Whoopi this fall.

ne issue Goldberg has no interest ebating, however, is Vice-President Quayle's attitude toward single nerhood. "Single parents have exist- or a long time, you know?" she says, e than a hint of anger in her voice. d whether a woman chooses to have by on her own or not, if she's a ing woman, why are you concerned t it? You don't want her on welfare, yet you don't want her to be work- either." Goldberg herself knows it's like to be a single mom—she just eighteen when her daughter, andrea, was born, and she was rced shortly thereafter. Then, two s ago, Alexandrea had a baby— teen.

hen Whoopi found out her daughter pregnant, "I asked her what she ed to do," she says, softly. "Because ever she was going to do, as a parent, s going to be there for her. And she to have her daughter." Alexandrea the baby, Amarah, recently moved f Goldberg's house in Los Angeles, hey still live nearby. Whoopi sees "all the time. The baby's very fun. [being a grandmother] is much easi- an being a parent!"

Goldberg's other big project this fall—her children's book, *Alice* (Bantam, 1992)—reflects her feelings about family. The story focuses on a little girl, Alice, who thinks she's won a sweepstakes and travels to New York City (along with her friends Robin and Sal, an invisible rabbit) to claim her prize. "I wanted to write a fairy tale where I saw a little black girl," says Goldberg. "She wants to be rich. And who doesn't? Everybody wants to be rich. But [the importance of] family and friends is something you should learn early on."

It is, in fact, the kind of moral Goldberg herself takes to heart. Even with the weight of stardom on her shoulders, she maintains an openness and honesty that is rarely seen in Hollywood. When asked whether she *feels* like a star, she answers with a laugh. "I try not to. Sometimes it's fun, but sometimes it's a pain. And it's a *lot* of work—get dressed up, present yourself as a *star* is supposed to be presented. . . . And when you go out, you're going out as Whoopi Goldberg, and that's a bit wearing. But, you know, if you have to get milk, you have to get milk. I don't want to be trapped in my house."

"You don't wake up in the morning and say, 'Gee, I'm white.' Well, I don't think about being black. It just doesn't come up."

These days, there doesn't seem to be much chance of that. Divorced from her second husband, David Claessen, in 1989, Goldberg says she's currently "in love" with a man, but has no desire to get married again. Instead, she'll focus on her career. After *Sarafina!* comes *Made in America*, an interracial love story co-starring Ted Danson. And eventually, she says, she would love to do a horror movie—preferably by one of her favorite scary authors, Clive Barker or Stephen King.

But no matter what the future has in store for her, Goldberg will always find a reason to enjoy it. She's not even worried about the fate of her new show. "I don't have any big expectations," she insists. "If we last an entire season, I'll be happy."

Perhaps that's because she knows she has plenty of other options. If her new show fails, for example, she'll still be on TV, thanks to her regular role on *Star Trek: The Next Generation*. "When else," asks the down-to-earth actress, with a sly smile, "am I going to get to outer space?" ■

Melanie Berger is an assistant editor at Ladies' Home Journal.



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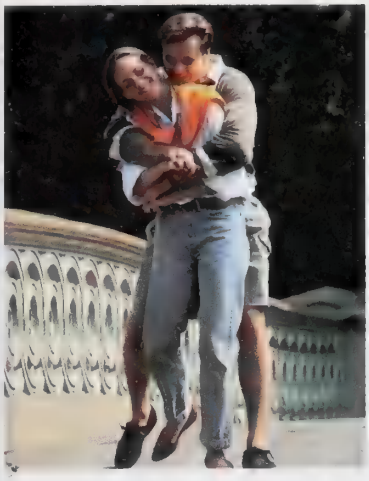


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The anti-burnout guide

IF YOU'RE TRYING TO DO TOO MUCH OR PLEASE TOO MANY PEOPLE, YOU NEED TO STOP—BEFORE DOING IT ALL DOES YOU IN. HERE'S HOW. BY ELLEN MCGRATH, PH.D.

It was a sunny morning, but the weather wasn't powerful enough to dissipate Alice's dark mood. The anxiety she'd felt in her dreams left her tense and lethargic. On days like these, Alice, a thirty-eight-year-old pediatrician and mother of two, wanted nothing more than to pull the covers over her face.

But out of bed she crawled, dreading the day ahead. After a morning policing an active four-year-old and consoling an irritable toddler, she rushed off to the clinic, where she was greeted by a parade of more whining, crying kids.

When she returned home, her second shift began. After feeding the kids and giving them their baths, she fixed dinner for herself and her husband, Paul.



She did the dishes, then felt driven to attack her ever-growing "to do" list. She finally collapsed into bed a few minutes before one A.M., just six hours before she would have to get up and do it all again. Although she was exhausted, she was proud of being able to somehow do it all. What she didn't realize was that doing it all was doing her in.

Alice was developing what I call Depletion Depression, a malady more and more women are experiencing. Her perfectionism, her commitment to her children and her work schedule were creating intense demands on her time and keeping her so busy that she didn't realize how often she was feeling bad. In fact, she was dangerously depleting her internal reserves by pushing herself at such an unrelenting pace.

Today, most women are time-starved: We have too much to do and not enough time to do it. Never before have we had so many choices and so many demands to meet.

The result? We have become a nation of exhausted women. Virtually every woman I encounter in my work as a therapist experiences at least some degree of Depletion Depression—the bad feelings we get from being chronically tired, overwhelmed and drained by the demands and conflicts confronting us.

Like Alice, it may be time for you to make some changes. Start by evaluating your risk for Depletion Depression by taking this test:

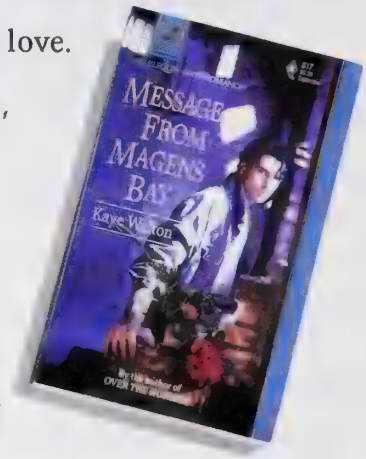
1. Do you average less than seven hours of sleep a night?
2. Do you often feel that no matter how much you do, you never get enough done?
3. Do you dread special occasions like holidays and birthdays because they mean more work than fun?
4. Do you often find yourself doing several things at once—talking on the phone while fixing dinner and watching the kids?
5. Do you forget important things like keys, money or appointments because you're always racing the clock?
6. Do you often overeat or eat junk food to give yourself energy or comfort, or do you light up a cigarette or *(continued on page 64)*

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(continued from page 61) take a drink or a pill when you're stressed or tired?

If you answered yes to four or more of these questions, you're pushing your limits. If you don't reduce your daily stress overload, you run a clear risk of burning out or becoming ill.

Strategies that will change your life

Reducing Depletion Depression is a challenge, but taking some of the following steps can provide enormous payoffs.

1. *Get organized.* How much time do you spend looking for misplaced keys, papers or clothes? When you live a life bursting with multiple demands, it's essential that you be able to find the things you need.

Tackle the disorganized areas of your life one at a time. Clean out your desk, organize your closet—whatever is causing you the greatest frustration. Also, develop habits that make your life simpler: Keep a notepad and pen near the phone; put your keys in the same place every time you walk through the door.

Also, take a few minutes every day to list all the things you think you should do. Then, rank the items in order of importance. When we see how many of the demands on our time are choices, not necessities, it becomes easier to decide what really must get done.

2. *Reward yourself.* When we're feeling overextended and unappreciated for all we do, Depletion Depression flourishes. One of the best ways to guard against it is to pay yourself in time or treats for the work you do—and don't feel guilty about it. Have lunch with a friend, spend the afternoon reading a book. You'll feel better, because you're taking action to validate your own worth.

3. *Stop skimping on sleep.* Although a good night's sleep is one of the most obvious solutions for overcoming Depletion Depression, it's usually the first trade-off women make. The vast majority of us average only five to six hours of sleep a night. We assume that sleep is a disposable commodity. In fact, it's absolutely essential for keeping depression at bay.

Make a list of everything you do from five P.M. until bedtime; then eliminate one or two items from your list each night so you can go to bed earlier.

4. *Practice visualization.* Use this technique to calm down and renew your energy after a draining experience or day. Begin by breathing deeply and visualizing a scene from the beach, mountains or any other relaxed setting. Make the visualization as real as possible.

This technique is especially helpful for dealing with frustrating situations—when you're stuck in a line or in traffic. Instead of getting angry, relax and imagine yourself in a peaceful place.

5. *Learn to accept your limits.* The most effective women have learned to realistically evaluate their energy and ability to produce. In doing so, they also learn to give up their perfectionism.

Alice found that accepting limits was a challenge because she hated to say no. But gradually, she started taking mini-breaks at work; she quit scheduling patients back to back. At home, she convinced Paul to do more. Alice eventually found that her new boundaries provided her with a sense of balance. She still had an occasional bad day, but she had freed herself from the Depletion Depression that had robbed her life of joy. You can, too.

Ellen McGrath, a clinical psychologist in California and New York, is an expert on women and depression.



What would you do?

YOUR HUSBAND IS A SPORTS NUT, AND YOU'RE NO SHOULD YOU TRY TO CHANGE HIM OR JUST LEAR TO PUT UP WITH IT? HERE, THREE WIVES' SOLUTION

■ **Lynne C. Conlan, 33, TV writer/producer; husband, George, 35, metal restorer, Annapolis, Maryland**

If George isn't watching sports, he's playing them. At first, I tried to ignore it, but that was impossible. He used t play on five softball teams a week! In order to see him once in a while, I decided to coach one of them. After abou seven years, I caught on to the game, and we won two championships. And George enjoys watching sports on T so much, I'd never ask him to stop. Besides, that gives me more time to shop—and that's the best kind of revenge

■ **Maria Acierno, 29, student/homemaker; husband, Chip, 31, salesman, New York City**

When you love someone, you try to love the things he loves. Chip watched anything sports-related. I tried to ge excited about sports, but there was no way, nohow! We both had to adjust. He lets me know at the beginning of ev ery season what games are extremely important to him, the ones when he wants to be with the guys. I make famil plans around that. If something comes up that wasn't scheduled, then there's confrontation—and compromise.

■ **Pamela Geatz, 35, teacher; David, 35, tennis coach, Minneapolis**

David knows the stats on every team for every sport. He won't go to bed until he's watched the sports wrap-up in th evenings. The good thing is that we've made sports into a family activity. He takes our nine-year-old son, D.J., an myself [to games]. Or they'll go out and play tennis or hockey. They've become great playmates! —BEATRICE CHOW


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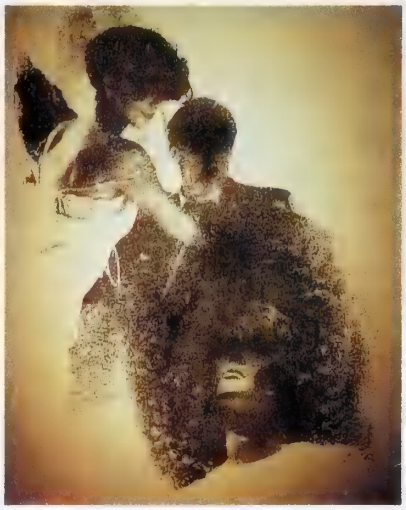
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"My husband left me for the town tramp"

Despite all the warning signs, I refused to believe that the rumors could be true—until it was too late to stop her from stealing my man

Sometimes I still wonder whether I could have prevented my husband's affair. The clues were right in front of me, but I was too naive, too trusting—or both—to recognize them. Maybe if I had read all the magazine articles, sought counseling, learned exotic sexual techniques . . . who knows? But on the other hand, perhaps nothing would have stopped him from seeking the satisfaction he couldn't find at home.



Granted, ours was never a "happily-ever-after" marriage to begin with. Jack and I dated throughout college; though we were always close friends, I can't say we were madly in love. We married in 1962 because it seemed the right thing to do, and our first six years together were fairly content.

Then the babies came within two years of each other, and I quit work to care for our daughter and son. While Jack loved his children, he didn't take much of an interest in them. He had always called small kids "crumb-grabbers," and his attitude never changed a whole lot. He coldly told me that if I had another child, he'd leave me, and he eventually had a vasectomy.

His efforts as a lover also left much to be desired. I received no hugging or caressing unless it led up to sex; no flowers, no I love yous. I tried to tell him that I needed more romance, but Jack wasn't from an affectionate family, like mine. My dissatisfaction was my problem, he said; and so I accepted it as my lot, concluding that blissful marriages happened only in fairy tales.

Just before our daughter started kindergarten, we moved to Jack's hometown so he could become vice-president of his dad's small electronics firm. Despite three years of graduate school, Jack hadn't done well in the field and hoped for better luck here. But the title proved to be hollow, the promised raises never materialized, and he wasn't very good at making business and social contacts.

Increasingly disenchanted, Jack blamed our family for his career failure. He complained that he could have taken chances, explored different academic fields, accepted lower pay with the promise of greater opportunities later—if only he hadn't been burdened with a family to support.

I resented the unnecessary blame. Despite all our problems, I loved Jack, and our life together seemed satisfactory to me. We had two adorable children, a nice house in the country, two cars. We were good, religious Christians. But rather than arguing with Jack or talking to friends—I never discussed *(continued)*



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personal problems outside the home—I vented my feelings by talking to myself while I vacuumed. You'd be surprised how clean our house was.

Soon after our move, Jack introduced me to some of his old friends, including Charlie, a professional trumpet player, and his wife. Gwen was darling, the consummate lady: cute, petite, soft-spoken, subservient. Her two rambunctious boys had her pretty buffaloed, though. She once asked me how to get her three-year-old to dress himself in the morning!

Charlie was away every weekend on gigs, so we often enjoyed Gwen's gourmet dinners without him. She and I became fast friends. She'd volunteer to baby-sit so that I could work part-time as a secretary in Jack's office; in turn, I brought her flowers and baked goods.

A year after we met them, Charlie left Gwen for a younger woman. We were shocked—how could he give up such a sweetie? Jack and I were as supportive as we could be to the wronged wife. We took her and the boys with us to movies and concerts, on drives, picnics and hikes.

When I began to hear wild stories about Gwen and other men, I refused to believe them. She was too much of a lady to do anything immoral. Then the rumors spread to include Jack. If he went to her house alone to light her furnace or shovel snow, tongues would cluck. I decided these people were just spiteful. *I* knew she was innocent. Wasn't she?

I remember having a heart-to-heart with Gwen one afternoon, gently explaining that tales about her and two married men were flying around town. Calmly, without a trace of anger, she replied that they were just good friends. Furthermore, she wasn't about to give them up because of idle gossip. Fair enough.

I then suggested it would be wise for her to discourage Jack from visiting her on his own. People might begin to think the worst. I thought she'd be shocked at the very idea, but all she said was, "Oh, my. I wouldn't hurt you for the world!" That answer left me totally confused. Would she comply with my request? I let the subject drop, though, not wanting to accuse her or Jack of anything.

Finally, Gwen seemed to have found happiness with George, a hearty bear of a man who did business with Jack. I admit I was glad she had a new companion. Though my husband didn't seem to mind, I was growing tired of taking her everywhere we went.

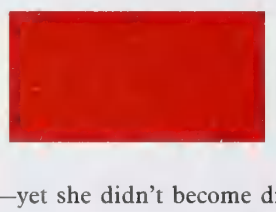
I saw less and less of Jack as his work required more and more of him. At least once a week, he attended conferences that lasted late into the night. Then he would stay out till three in the morning to drive around and think; he claimed he had to do this because he was so upset over not being able to get along with his colleagues. I asked why he didn't come home and talk to me instead. Thoughtful man—he said he didn't want to wake me.

Over the next four months, the number of times we had sex dwindled from once a month to none at all, but I didn't complain. Maybe impotence or lack of desire was normal after fifteen years of marriage. And yet, was it possible he was turning off from me because of Gwen? Of course not. I wouldn't even suggest it; that might tempt him to do the very thing he was being suspected of.

Hoping against hope that my growing suspicions were unfounded, I figured my best defense was to remain such good friends with Gwen that neither of them would dream of betraying me. How innocent I was.

We doubled with Gwen and George at a little nightspot one Saturday for dining and dancing. Gwen downed six different mixed drinks—something I'd never seen her do—yet she didn't become drunk or ill. Starry-eyed and laughing, she fawned over George, kissing him while they danced. I could see that Jack was annoyed by her flamboyant behavior. To my delight, we left early, without them.

Hoping that my suspicions were unfounded, I decided to remain such good friends with Gwen that neither she nor Jack would betray me. How innocent I was.



The next morning, I decided it was time to revive our flagging marriage. I slid out of bed early, brushed my teeth, combed my hair, put on a sexy little nightie and bounded back under the covers. Jack just looked at me, which suddenly made me feel so self-conscious that I covered myself with a sheet.

"What's the matter?" I asked softly.

Jack said, "I think you know."

I whispered, "Do you love her?"

"Yes," he sighed. With that one word, my world crumbled. I wept bitterly.

I was overwhelmed with hurt and betrayal. My best friends had been sleeping together behind my back for three years. Friends began to tell me the details of the affair, saying, "Didn't you know? We could have told you long ago!"

Jack wanted to live with me, yet s see Gwen. In a moment of irrationality agreed to try it, but that same nigh came back to my senses and ordered h out of the house. Gwen called and offe to baby-sit so Jack and I could wo things out. She hoped we could still friends. I couldn't believe it. I scream at her, "You're the cause of all my pr lems!" and slammed down the phone.

We attempted a last-ditch reconci tion a month later because Jack seem repentant. Because I had no appetit had lost thirty of my 120 pounds a thought I looked good. (I didn't.) But husband refused to see a marriage co selor. After a month, he left again, an filed for divorce. Jack was so eager marry Gwen that he gave me everythi the house, alimony, child support.

Alone, vulnerable and distrustfu rushed into a second marriage n months after my divorce. My new h band was solicitous in my time of e tional need, but we had nothing common and the disastrous union en after six years. Fortunately, I had m aged to land a good teaching job, an enjoyed being independent at last.

Three years after he left, Jack calle let me be the first to know he was get a divorce. His perfect little lady had appetite for more than mixed drink she enjoyed men, as many and as ofte possible. He named all fifteen of lovers. They'd tried a therapist, but ended up in the sack with him, too. I stunned—Gwen really *was* a tramp.

I think I secretly hoped that J would come back to me on his knees, we never got back together. The last t I saw Jack was shortly before he die stomach cancer two years later, in 1 Though I'm sure doctors would say erwise, I suspect the stress of the a and marriage to Gwen had a great de do with the illness. I wish his life been happier, but apparently there nothing he or I could do to make i Fortunately, the legacy of bitterne left has faded: My children are now cessfully functioning adults who h since forgiven their father.

Gwen continues to entertain m men, yet still maintains a respect standing in our community. Some o neighbors are quietly amused, some d seem to care and some lead even n shocking lives than hers—this t makes *Peyton Place* look boring.

As for me, I've found love at My new husband is an old frien mine; I kissed him at his first wedd and he came back twenty years late more. He taught me how to trust a and after three honeymoon years, we act like kids on our first date. It's so to know that loving, happy marriage ally *do* exist.



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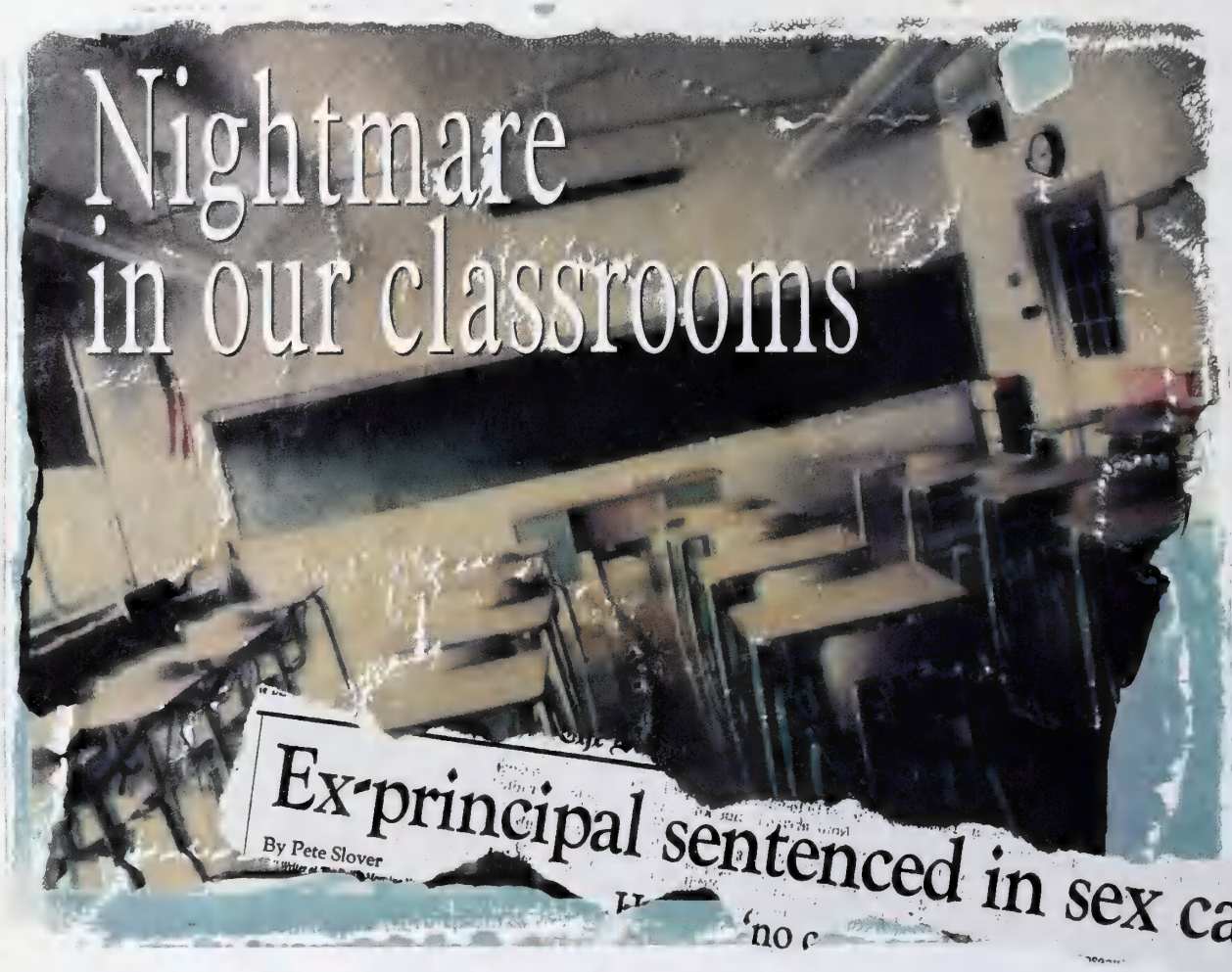
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Nightmare in our classrooms



It seems too awful to be true: teachers who sexually abuse the children in their care. Yet it is tragically, shockingly common. A special report you must read. Plus: what you can do to fight back

BY ELAINE WHITELEY

Howard Lehrberger was known as a flirt around the Manhattan junior high school where he served as dean of students. He enjoyed kissing the female students' cheeks or patting their bottoms as they passed by. His actions were public and readily noticeable, but the teachers somehow never thought his conduct was out of line.

It was soon obvious that twelve-year-old Anna Martinez* had become Lehrberger's favorite. The forty-five-year-old escorted the girl to the front of the long lines at the water fountain, sent her love notes and walked her to class. Anna, who had a crush on Lehrberger, was wildly flattered at first. She talked about him so often that her mother became uneasy, but Anna just dismissed any questions.

Several months after the dean began courting the girl, he started taking her down to the *(continued)*

**Name has been changed.*

Teacher Convicted on 30 Sex Counts Involving Pupils

Ex-teacher admits sexual assaults on boys

"Yes, ma'am," he replied



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Nightmare in our classrooms

continued

basement during school hours. Her light turned to terror as he sexua abused her. "I tried to avoid him, there was no place I could hide," says. "He'd pull me out of class three four times a month and insist I meet h in the basement."

In March 1990, three months after abuse began, a school official told Ann mother of rumors that had been go around—rumors the administration lieved had been invented, perhaps Anna, to make trouble for Lehrberg Mrs. Martinez confronted her daugh she at first denied the allegations, but ter a few days, she tearfully broke do and confessed.

In shock, Mrs. Martinez called Ann father, who contacted the police. Ele months later, Lehrberger was convic of sodomy and of endangering the w fare of a child, and was sentenced to to three years in prison. But that done little to assuage the family's feeli of rage. "I trusted the school to t care of my daughter, and they betra me," Mrs. Martinez says angrily. "T acted as judge and jury, deciding Lehrberger wasn't guilty. And all time he was stealing her innocence."

Sadly, Anna's story is far from an lated incident. Each year, children sexually abused by the very people trusted to guide and educate them: tea ers, principals, school psychologists, e clergy. (In one shocking case, Jam Porter was recently accused of abus more than eighty boys while he wa Catholic priest.) The offenses range fr fondling to assaults to seductions, bu have the power to cause permanent h to the young victims.

While these molesters make up a v small percentage of school personnel, fact remains that there are still a fri ening number of cases like this one fact, based on the data available on voked credentials, sexual misconduc the primary reported reason teachers their certification.

Despite numerous studies, no knows exactly how many youngsters abused specifically by school person In 1991, the National Committee for vention of Child Abuse (NCPCA), f data gathered by state child protective vice agencies, estimated that approxim ly four hundred thousand children un the age of eighteen were reported sexu abused during the year—an increase percent since 1990. However, author say this is probably a small fraction of total. A 1984 FBI report estimated only 1 to 10 percent of molestation c are ever reported in the first place.

Abuse by teachers, in particular, unreported largely *(continued on pag*

ne Littlest Gibson Girl

rn-of-the-century treasure authorized Dana Gibson, great-granddaughter of Charles Dana Gibson.

oria. An heirloom collector doll with a pre- s heritage. Inspired by the world-renowned rations of Charles Dana Gibson, whose art defined elegance at the turn of the century. **e bisque porcelain, lovingly painted by hand.** y detail is perfect. The way Dana Gibson be- s her great-grandfather would have wanted be. Her face is sculpted and hand-painted to ure the soulful expression that made dolls of era so irresistible. Her brown eyes hand-set as ictorian times. Her dark curls hand-styled e fashion of the day.

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Nightmare in our classrooms

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Nightmare in our classrooms

continued from page 76

because of the risks involved in accusing a revered authority figure of such a heinous crime. Fellow teachers may fear for their own reputations or jobs. The young victims, who are often threatened or humiliated into silence by their assailants, may be suspected of lying—or of encouraging the abuse—when they do speak out.

But in addition to these social inhibitors, there are also logistical and legal reasons that allow these offenders to slip through the cracks. Critics point to a network of inconsistent and ambiguous laws and regulations that vary greatly from state to state, making it extremely difficult to keep abusers from holding teaching jobs, and harder still to put them in jail. Existing criminal-justice data bases are incapable of providing effective national background checks, allowing offenders to cross state lines again and again.

"I find it ludicrous that for years we have been able to trace stolen cars and jewelry across state lines, but we have not been able to track convicted sexual abusers of our nation's children," charges Senator Mitch McConnell (R-Kentucky), who has introduced a bill in Congress that would establish a national registration of all convicted child sex abusers. (For information on how you can register your support of the senator's bill, turn to page 82.) "It's time we took sexual crimes against children as seriously as we take auto theft."

Who abuses?

Child sexual abusers—in the classroom and elsewhere—tend to fit the same pattern. According to the National Institute of Mental Health, based on studies conducted by Gene G. Abel, M.D., director of the Behavioral Medicine Institute, in Atlanta, the typical offender is white, male (about 5 percent of molesters are women), has had at least one year of college and holds a full-time job.

There is no simple explanation for a molester's acts. According to Abel, 24 percent of known molesters of girls were themselves molested as children, while 40 percent of known molesters of boys were once victims (although, overall, the percentage of abused children who go on to repeat the crime themselves is very small). Many perform a variety of offenses with a number of victims. While girls are most often the targets of sexual offenses in general—including flashing and window peeping—boys account for nearly two thirds of victims in cases involving actual physical contact.

Ironically, educators who abuse are often considered outstanding in their
many, says attorney Doug Bates, th
ordinator for School Law and Leg
tion in Utah, are named to teac
awards for their dedication. They
their charges' trust by tutoring the
ter hours, buying them gifts and sh
ing them with attention. Only later
teacher's true intent revealed. "If yo
going to prey on children success
you've got to be someone kids like
around, parents trust and the comm
respects," says Bates.

How they get hired

Shocking as it seems, it's relatively
for an abusive educator to find w
time and time again—because the
dentialing and hiring process is far
meticulous. Many state education de
ments issue credentials without a
ough background check, and most d
use fingerprinting. Some school dis
run only routine checks on applic
which do not include an inquiry int
possible criminal background.
though the National Association of
Directors of Teacher Education and
tification is working to implement
tional clearinghouse (excluding Iow
Washington, D.C.) that keeps fil
any teacher who has had action
against his credentials, not all sc
consult the program before hiring
ulty member.

The consequences of lax scree
practices can be devastating to the s
as well as the students. The tony Ph
Exeter Academy, in Exeter, New H
shire, came under fire last summer
its drama-department chairman w
rested for alleged possession and m
of pornographic videos of young m
possibly including Exeter students
school was apparently unaware tha
teacher's doctoral dissertation ha
cluded original plays about homos
teacher-student relationships, o
which was said to have been inspir
his own experiences.

In addition, only a few states have
requiring prosecutors to notify cr
tialing departments when an educa
charged with or convicted of ce
crimes, sometimes even serious ones

Yet not even a conviction can s
determined criminal for long. A te
awaiting trial on abuse charges can
for a teaching certificate in another
By the time he has been convicte
lost his license, he's ready to start
once he has served his time.

Sometimes the abuser doesn't
have to move: Although Jacob F
stein, now fifty-seven, had lost bo
New York City teaching license an
state teaching certificate for past of
against students, the undaunted te
applied for a substitute post at Lo
land's Hicksville Middle School—



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h, under state law, required no li- e if he taught for fewer than forty per year. It was there, in 1989, that egan fondling Jason Howard,* a een-year-old student in a special-ed- on math class. After three days of or, Jason turned to the school psy- ogist for help. "I was just so scared so sick, I couldn't take it anymore," remembers.

uring the subsequent investigation, orities were shocked to learn that the sville school had apparently never ed the information on Feuerstein's oyment application—some of which d fabricated.

en after his arrest, Feuerstein con- ed teaching at a private school on Island until his probation officer ed of this and alerted the principal. rstein was sentenced to fifteen hs in prison and is now on probation. don't understand why the school t check his references," Jason says. orked at a restaurant, and they ed mine. How can they not check a lteacher's?"

some cases, a school will avoid ing with an abusive teacher— he possible scandal—by allowing o resign quietly. Since only the res- ion appears on the teacher's district d, he can still get a glowing recom- dation for his next job. Michael "Matt" Teubner carried such a reference from the principal of his former school when he applied for a position in the Jefferson County, Colorado, school district in 1979. However, the recommendation failed to mention that the school had allowed Teubner to resign after learning he had impregnated one of his female students.

Over the next decade, Teubner taught at several schools throughout Jefferson County, both as a respected teacher and coach. He also molested more than forty boys before a student turned him in.

Legal loopholes

Even when sexual-assault charges are filed, justice is slow in coming. In the courts, it's hard to make a felony charge stick. Attorneys may plea-bargain the offense down to a misdemeanor, or ask that the case be dropped altogether if the child is too traumatized to testify. The record may then be expunged if the teacher formally requests it.

And without a felony conviction, state departments of education are generally reluctant to revoke a teacher's credential—even in cases where molestation almost certainly occurred. Though school boards are authorized to hold administrative hearings to take action against a teacher's license, independent of police or court decisions, many school officials let the matter slide if the molester has never been convicted.

"A person could have been molesting children for the last thirty years and he wouldn't necessarily appear on any police record, or even in the central child-abuse registry," says Anne Cohn Donnelly, executive director of the NCPCA. "So, even if the school has a good approach to screening—which most don't—they wouldn't necessarily pick it up."

Sometimes not even a guilty verdict is enough. A judge may withhold the finding on the attorneys' recommendation in exchange for compulsory counseling or other rehabilitation, reasoning that the abuser has learned his lesson. In these cases, no conviction appears on the defendant's record; further, he can legally claim he's never been convicted of the crime.

But the molester doesn't always reform. In 1986, Ernest Booker Brown, a teacher from Atlanta, applied for a California teaching credential. Letters of reference and personal interviews failed to uncover a problem. Even a background check—including running his fingerprints through the FBI interstate identification index—came back clean. California officials had no way of knowing that in 1977, a Florida jury had found Brown guilty of molesting a third-grade girl in his class. The judge had withheld the verdict.

(continued)





Nightmare in our classrooms

continued

Brown was hired as a fifth-grade teacher at Knox Element School, in San Diego, where he proceeded to abuse two fem students for three years before one of the girls finally spoke o The police began an investigation, which turned up his Flor record through the National Crime Information Center.

Brown's arrest outraged his neighborhood. Friends and workers wrote letters to the court attesting to his moral char ter. However, one letter eloquently supported the victims—a helped put Brown in jail for eight years. "My name is Cheryl it read, "and fifteen years ago, Mr. Brown molested me. I w der now about the little girls who have been hurt just as I was

The golden rule of silence

Under the present system, all state laws mandate principals a teachers to report suspicions of child sexual abuse by a paren caretaker. Only roughly half the states, however, mandate th same professionals to report such suspicions if they believe other school employee may be abusing a student.

"When you know that no administrator wants a sex scan on his hands and that reporting the abuse may jeopardize y job, the teacher is in an awkward position," says Jeannie Rob son, supervisor for Child Protection Services, in Mason C Iowa. "The temptation to keep quiet is tremendous."

When the suspect is the principal, the stakes are higher s Pamela Musa, a special-education resource teacher in the sn town of Seagoville, Texas, faced such a dilemma in 1989, w one of her junior high students told her that the school pri pal, Dr. Lewis E. Moore Jr., had molested him. Stunned, confided in a few colleagues, who advised her to keep qu "You'd better think seriously about how much your ca means to you," one warned.

Though Musa did call the police and Moore was eventu fined and put on probation, it was she who got the harsher p ishment. Ostracized by the faculty, she resigned her post, vandals and obscene callers continued to hound her. "The heartbreak is, I really care about these kids," Musa says, voice trembling. "But I'll never teach again."

Even more reluctant to reveal the truth are the yo

Senator Mitch McConnell (R-Kentucky) has intro duced a bill that would establish a national trackin system for all convicted child sexual abusers—includ ing teachers and day-care workers. Under the bill, th National Crime Information Center of the Departmen of Justice would keep a computer registry accessibl to any agency authorized by the department, makin it easier for schools and other employers to scree the criminal background, if any, of their applicants.

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vors themselves, who often feel re-
sible in some way for the act. "A mo-
plays on that guilt by asking, 'If you
t want to get involved, why did you
the car with me; why did you come into
om?' " says Abel. Tragically, this per-
the abuse to go on for years. Douglas
s, who taught in and around the rural
unity of Boulder, Montana, molested
mber of his male students for thirty
before one of his victims, now an
, turned him in.

cause of the stigma attached to sexual
, the effects linger on long after the
der is brought to justice. Some react
e trauma by becoming abusers them-
s. Paul Myrhow was the student who
d Douglas Marks in; at twenty-six,
now awaiting trial for alleged multi-
xual assaults on young boys.

hers suffer scorn from their peers,
ng them helpless, angry and isolat-
Irs. Martinez walks Anna to school,
ng moral support as neighbors point
whisper. Jason Howard's classmates
"Hey, fag, we bet you asked for it."
Benjamin E. Saunders, Ph.D., asso-
professor at the Medical University
uth Carolina, "These victims are be-
bused again: first by the molester,
hen by society." ■

*e Whiteley is a California writer spe-
ing in child-welfare issues.*

Keeping alert

If parents can't rely on the system to protect their children, they must then lower the risks of their kids' becoming victims by learning the signs of sexual abuse and how to combat it.

Experts caution there is no absolute way to tell if a child is being abused, but any significant change of behavior—withdrawal, rebelliousness, frequent physical complaints—should be taken seriously. Inappropriate sexual behavior is another common sign of abuse. Look for changes in his attitude toward school, such as declining grades or sudden misbehavior in class. A child being molested by a teacher may spend an increasing amount of time with him—or avoid him altogether.

Tell children, beginning at age four or five, when they can understand, that no one has the right to touch them in a way that makes them feel uncomfortable—not even a teacher. Adolescents should understand that it's inappropriate and illegal for a teacher to make sexual advances, and that these are not gestures of love.

Above all, let your children know that they can—and must—tell you if abuse does occur. "The single most important thing parents can do is talk to their kids," says Ernie Allen, president of the National Center for Missing and Exploited Children. "Make sure they know they can come to you with questions on any matter they don't feel right about—including sexual abuse. Then listen calmly, without censure."

If you suspect your child has been abused by a teacher, says Allen, try to get as much information from the child as possible, then contact a school administrator. If you're not satisfied with the action the school takes, talk to the police or other law enforcers. Consider taking your child to a therapist, as well.

Does your cigarette wear out as the day wears on?

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Tips for smarter and safer living. By Paula Lyons



IN THIS COLUMN, *GOOD MORNING AMERICA*'S CONSUMER EDITOR TELLS HOW TO HIRE A CONTRACTOR, WHY CREDIT-CARD MINIMUMS IN STORES AREN'T LEGITIMATE AND WHAT YOU CAN DO TO STOP ANNOYING TELEMARKETERS

Home-repair rip-offs: how to avoid them

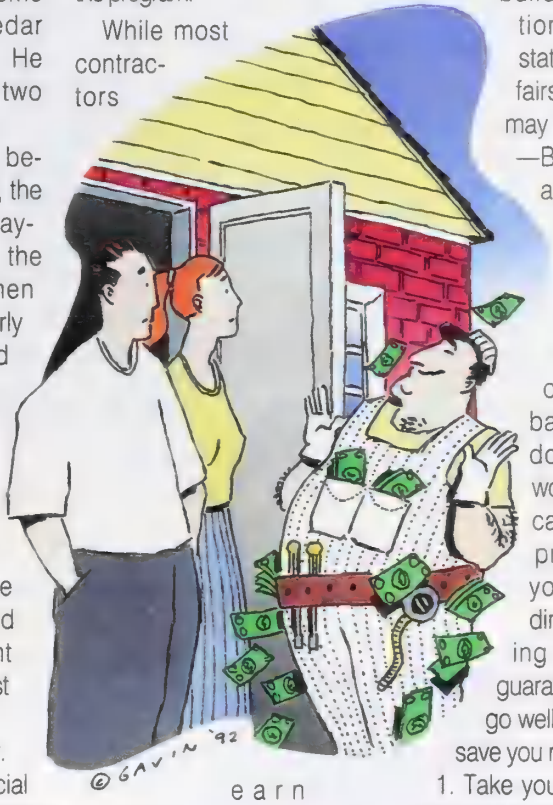
Margaret Sechrist, of Virginia Beach, Virginia, thought she had done everything right. After admiring the work a local contractor had done on her neighbor's roof, Sechrist hired him to replace some badly deteriorating cedar shingles on her house. He told her it would take two days and cost her $995.

On the second day, before Sechrist left for work, the contractor asked for payment in full, promising the job would be done when she got home. The elderly widow returned to find only *some* of the rotten shingles replaced. Soon after, the new shingles began falling off, and in the first rain, water poured in.

By the time she sued, the contractor had declared bankruptcy. Subsequent repairs and court fees cost her another $1,500.

But Sechrist was lucky. In Virginia there is a special fund to reimburse consumers in situations like this. The fund, generated from fees contractors pay, eventually reimbursed all of her costs.

Similar funds exist in Maryland, Arizona, Connecticut, Hawaii, Massachusetts, New York City, and Suffolk County, New York. If you live in any of these places, your state attorney general's office or the closest Better Business Bureau (BBB) can put you in touch with the agency that runs the program.



While most contractors earn every dollar they make, the second-greatest number of BBB complaints in 1991 were about home-improvement and remodeling contractors (the retail industry was number one). And only 58 percent of these grievances were settled.

But, if your contractor leaves a trail of incompetent work and there is no local recovery fund, there may be a way to get your money back.

You can contact your local builders' association, BBB and state consumer-affairs agency. They may be able to help —BBBs offer free arbitration.

But even these measures can fail if the contractor disappears or declares bankruptcy. So do your homework. Complete a careful selection process before you spend a dime. The following steps are no guarantee that all will go well, but they could save you money.

1. Take your time. Choosing a good contractor and fitting your project into his schedule could take months. Nothing this important should be decided overnight.

2. Ask friends and relatives for recommendations. (If you are new in town, ask your local builders' association.)

3. Get price quotes and references from at least three contractors. Find out if they're licensed (not all states require this), if their licenses are current (check with the agency listed on the license), and if they're insured against accidents and property damage (get the insurance company's name and verify that the contractor is in good standing).

4. Ask to see recent and *pertinent* examples of each contractor's work. Don't look at another customer's bedroom addition if you're remodeling your kitchen.

5. Verify the contractor's business and/or home address, in case you need to locate him in an emergency or because of a dispute.

6. Check the contractor's reputation with your local BBB or consumer-affairs office.

7. After you've done all this, look at the total picture, listen to your gut and choose. Then get absolutely everything in writing.

8. Last, work out a reasonable payment schedule. Recommended: a third paid upfront, a third halfway through and a third when the job is satisfactorily completed.

COMPLAINT DEPARTMENT If you have a consumer complaint or an outrage that you'd like to share with LHJ readers, please write: Help! Ladies' Home Journal, 100 Park Avenue, New York, NY 10017. We'll select the most representative and tell you how to get a satisfactory response.

MINIMUM PURCHASES —ARE THEY LEGAL?



Q: I've heard that stores aren't supposed to place minimum-puchase requirements on the use of credit cards. Recently a children's clothing store refused my credit-card purchase because it was under their $20 limit. What are the rules?
—Lilly Mendelssohn, New Hyde Park, New York

A: "Record stores, bars, liquor and drug stores are famous for trying this," says Mary Beth Butler, of Bankcard Holders of America, a group that battles for credit-card holders' rights. "Ten years ago, when credit-card transactions had to be written up by hand, I might have understood why. Today, they run your card through a machine, and the transaction is processed or rejected instantly. There's no good reason for a minimum-purchase requirement."

But stores, especially smaller ones, disagree. They say the 4 to 5 percent processing fee credit-card companies charge for every transaction makes small purchases not worth it. (Larger stores can usually negotiate a fee of from 2 to 3½ percent.)

But, according to Butler, when merchants accept credit cards, it increases sales dramatically, more than making up for the fees.

While there are no laws against minimum-purchase requirements, Visa and MasterCard prohibit the practice in their operating regulations. American Express discourages it, and the Discover card leaves it up to the merchant.

What do you do if you encounter this problem? You can, of course, just take your business elsewhere. Or, to help stop the practice, complain in writing both to the bank that issued your card and to the national headquarters of Visa, MasterCard or American Express. They will contact the store and the practice should stop.

Getting rid of telemarketers

I am sick and tired of salespeople calling me at home, trying to sell me things I don't want. I feel it's an invasion of privacy. Is there anything I can do to stop them?
—ELSIE M. CAMPBELL, BRIDGEVILLE, DELAWARE

The good news is you can stop *some* of it. First, you should know that legitimate telemarketers will remove your phone number from their calling list if you ask them to when they call. If you want to get off all legitimate lists, the Direct Marketing Association can help. Simply send your complete name, address and telephone number, including area code, to: Telephone Preference Service, Direct Marketing Association, 11 West 42nd Street, P.O. Box 3861, New York, NY 10163-3861.



They publish and distribute a quarterly list to telemarketers across the country. So allow three months, and you should start to see a reduction in these calls.

But legitimate operators are not always the problem. Often, it's the hucksters who make you crazy—the ones offering fabulous prizes, trips to paradise, or fast ways to earn a big return on no-risk investments. The Direct Marketing Association, unfortunately, has no way to monitor them, but will refer complaints to regulatory agencies who can investigate. For your protection: When a high-pressure salesperson calls with a deal that sounds too good to be true . . . forget your manners and simply hang up!



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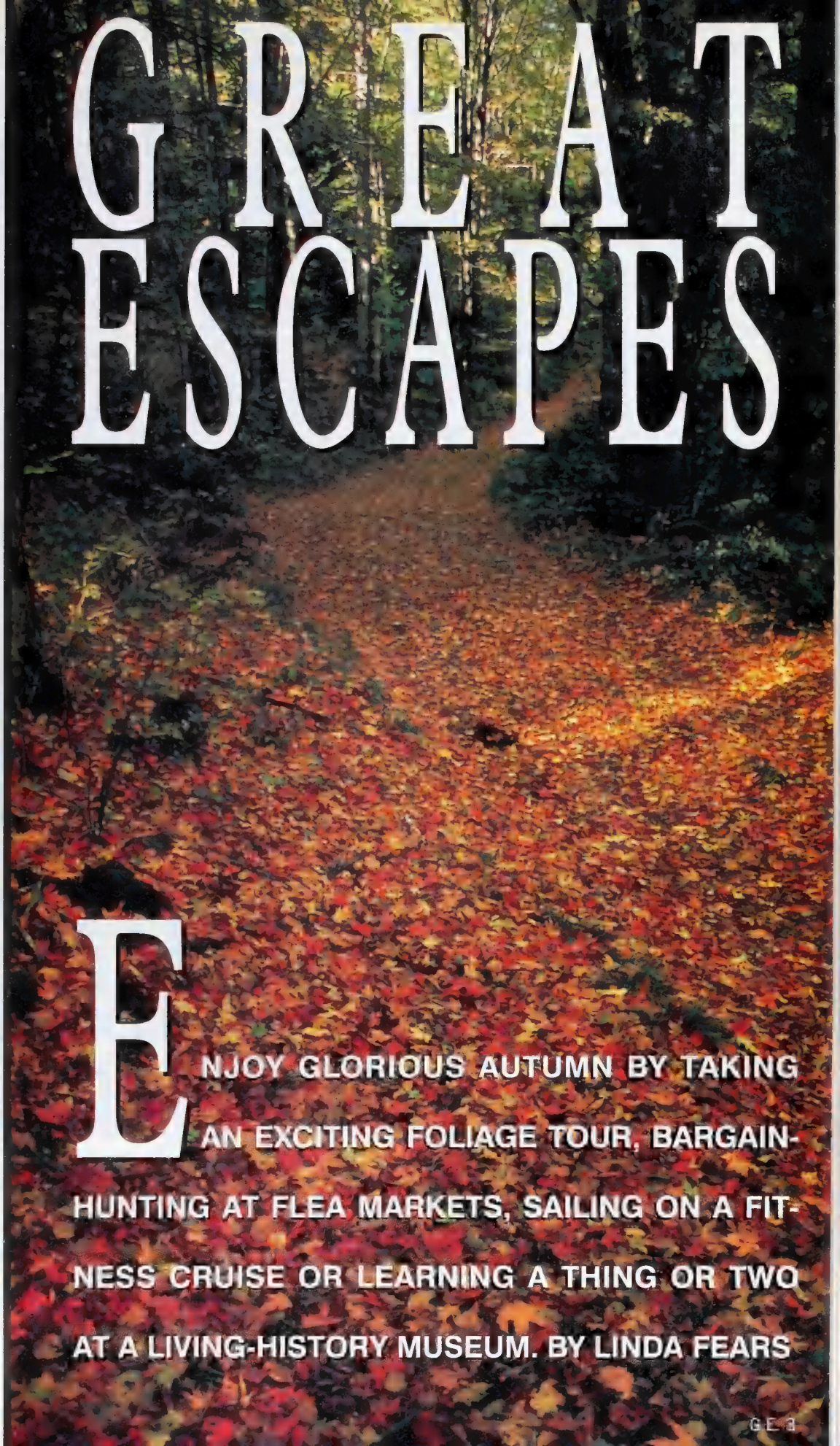
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GREAT ESCAPES



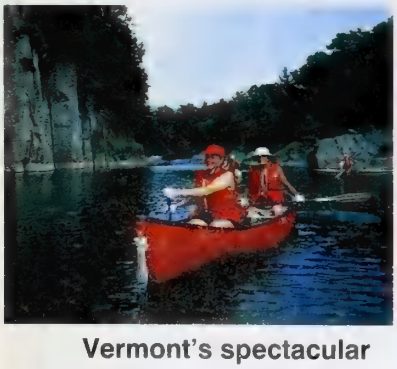
ENJOY GLORIOUS AUTUMN BY TAKING AN EXCITING FOLIAGE TOUR, BARGAIN-HUNTING AT FLEA MARKETS, SAILING ON A FITNESS CRUISE OR LEARNING A THING OR TWO AT A LIVING-HISTORY MUSEUM. BY LINDA FEARS

CANOEING INN TO INN THROUGH VERMONT

On this trip, you paddle your own canoe through the scenery that has made New England famous. By day, enjoy a rustic river trip through the pristine forests of the Green Mountains. At night, relax with a good, hearty dinner and a comfortable bed at a charming country inn.

The last day's run gives you a taste of White River rapids. The inns are located in quaint towns like Craftsbury and Stowe.

The day trip, run by Battenkill Canoe, Ltd., is available September 27 to October 2, and October 4 to October 7. The cost is $767 per person and includes three meals a day, the guide and lodging. Canoe rental is an additional $78. Call



Vermont's spectacular foliage is exhilarating

American Wilderness Experience, 800-444-0099.

LLAMA TREKKING IN THE MAINE WOODS

You can hike through gloriously colored woods hassle-free when you have a friendly llama in tow to carry your gear. The Telemark Inn, in Bethel, Maine, offers two- and three-day trips that explore the beautiful White Mountain National Forest. Walk four to six miles each day with your own llama, who encourages you by nuzzling your neck. The base camp, preselected and already set up for you, is often in a scenic spot by a river. Besides the dazzling foliage, you'll see deer, moose, beaver and, if you're lucky, a bald eagle swooping low to catch a fish.

In addition, the Telemark Inn offers special trips led by a nature photographer so you can learn to take your own postcard-perfect photos of Maine in all its fall splendor.

The all-inclusive price for a two-day trek is $300 per person, for a three-day trek $375, and for the photographic three-day trek $450. For more information, call the Telemark Inn at 207-836-2703.

RIDING THE RANGE IN WYOMING

A horseback trip through Wyoming's Big Horn National Forest takes you through woods where aspens sparkle against a background of deep-green pine trees, and the mountain peaks shine with a dusting of light snow. At Paradise Guest Ranch (307-684-7876), in Buffalo, Wyoming, each day of your week-long stay includes horseback riding, and you can choose the type of ride you want.

You can also book a four-day/three-night pack trip to Frying Pan Lake, about four and a half hours by horse from the ranch. Ride through a series of lakes so full of trout that even a first-time fisherman can come away with dinner.

Sunday-to-Sunday stays range from $925 to $1,175 per person for adults.



HIKING IN NEW HAMPSHIRE

On a New England Hiking Holidays (800-869-0949) fall tour of New Hampshire's White Mountains, you walk six to ten miles each day into a fairy-tale forest of fall colors. After hiking to a special lunch spot, choose either a r ous climb to a peak o easy valley path alo river. The trails take past waterfalls to sc ridge tops and thr gorges where you're l to see moose, beaver great blue herons.

The five-day/four-r trips, available Septe



Trail riding is another way to view the breathtaking colors at Keystone, in Colorado

FALL FOLIAGE ADVENTURES

VE'VE DISCOVERED OFFBEAT, EXCITING WAYS TO IEW THE SPECTACULAR COLORS OF AUTUMN

to October 17, cost $699 r person, including ides, food and lodging. me two-day trips for $299 d three-day trips for $429 also available.

New England Hiking olidays also offers fo- ge tours in Massachu- ts, Rhode Island, Maine d North Carolina.

GLIDING ON A GONDOLA IN COLORADO

The Outpost gondola at Keystone Resort, in Keystone, Colorado, takes you two miles high into a remote wilderness area—but in a civilized fashion. The half-hour ride brings you 11,444 feet above the tree line, with panoramic views of lakes and valleys.

Once you've reached the summit, enjoy lunch or dinner at the award-winning Outpost restaurant. This is the outback formerly accessible only to the hardiest of hikers. For more adventure, rent a mountain bike and ride down the long and winding ten-mile dirt road.

Fall packages at Keystone start at $62 per person, double occupancy (800-222-0188). Before you book, ask about the Keystone Collection of Values coupon book. These coupons save you up to $500 on food, attractions and lodging.

Treasure hunting at flea markets



Ask any savvy flea-market shopper what patchwork quilts, Mission oak furniture and Bakelite radios bring to mind, and chances are the answer will be Brimfield. Three times a year, dealers arrive in this sleepy Massachusetts town for a three-day show that has become a mecca for antiques and collectibles lovers.

But Brimfield is just one of many flea markets held throughout the year. At a flea market, new goods are sold alongside collectibles and bona fide antiques. Admission ranges between $1 and $5. Many markets have an early-admission policy, which allows you to scout out treasures before the crowds arrive.

There are a few rules to keep in mind when shopping: Remember that the price of an item is just the starting point for bargaining—and *everybody* bargains. Bring cash, and don't count on using checks. And if you're angling for furniture and rugs, consider renting a station wagon or van for the day.

Since the fall is such a popular time to visit flea markets, we compiled a list of the best in the U.S.



ANNEX ANTIQUE AND FLEA MARKET
Avenue of the Americas and 25th Street, New York, New York; 212-243-5343. Open every weekend.

Bargain hunters and weekend strollers have been heading to this market for over twenty years. Specialties include: rare books and prints, mid-nineteenth- to mid-twentieth-century furniture, oil paintings, bronzes, glass collections.

J & J PROMOTIONS ANTIQUES AND COLLECTIBLES SHOW
Route 20, Brimfield, Massachusetts; 413-245-3436. Held in May, July and September, from Thursday to Saturday.

Over seven hundred fifty dealers set up booths for what is acknowledged by serious dealers and collectors as the granddaddy of them all. Co-producer Judith Reid Mathieu says one can find "anything and everything" at Brimfield.

RENNINGER'S ANTIQUE MARKETS
740 Noble Street, Kutztown, Pennsylvania, and Route 272, Adamstown, Pennsylvania; 717-385-0104. Weekly.

At Kutztown, the farmer's market that started in 1955 has become an antiques market of three hundred dealers. Says Jim Renninger, "All kinds of antique furniture and American primitives are always good sellers. In the end, quality is what sells." Twenty miles away, the Renningers do it again at Adamstown, with over six hundred dealers.

CARAVAN ANTIQUES MARKET
State Route 86 Fairgrounds, Centreville, Michigan; 312-227-4464. Second Sunday of every month, May to October (except September).

Over six hundred dealers from twenty states offer a wide range of collectibles. "Good quality oak, walnut and cherry furniture sell very well," says promoter Robert Lawler. Caravan also offers a ten-day money-back guarantee.

SANDWICH ANTIQUE MARKETS
The Fairgrounds off U.S. 34, Sandwich, Illinois; 312-227-4464. Every fourth Sunday, May to October.

This four-year-old fair (also run by Lawler) attracts five hundred dealers and has a similar money-back guarantee. You'll find World War II memorabilia, oil paintings, Mission furniture, folk art and children's items.

SPRINGFIELD ANTIQUE SHOW AND FLEA MARKET
Clark County Fairgrounds, South Charleston Pike Road, Springfield, Ohio; 513-325-0053. Monthly, except July.

On Extravaganza weekends, upwards of two thousand dealers sell everything from glassware to musical instruments to antique furniture. The promoters claim that this show is the largest in the Midwest.

SCOTT ANTIQUE MARKET
Atlanta Exposition Center, 3656 Jonesboro Road, Atlanta, Georgia; 614-569-4912. Second weekend of every month.

This market's strongest sellers are Southern primitives and folk art, says promoter Don Scott. It is currently in its fifth season and attracts twelve hundred dealers.

ROSE BOWL FLEA MARKET
Pasadena, California; 213-587-5100. Second Sunday of every month.

There's nothing in the West to match the goods at the Rose Bowl, which boasts fifteen hundred dealers from the West and Midwest regions.

FYI: *The Antique Trader Weekly* has a national calendar of flea markets. For a free copy, write to P.O. Box 1050, Dubuque, IA 52001 or call 319-588-2073 —EVERETT POTTER


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WINDOW FASHIONS

Overnight delights

Turn autumn weekends into easy-to-do outings where you and your kids can explore natural history, watch exotic animals roam free and even reenact the routes of pioneer wagon trains.

Ever wonder what it would be like to roam through a museum after hours? You can find out on a **Field Museum of Natural History** (312-322-8854) overnight. This Chicago museum gives you the chance to sleep with the dinosaurs, browse striking Polynesian masks and spears and explore an Egyptian tomb.

After a snack, the evening offers such fun as a storyteller relating tales about Eskimos or Africa, or an educational scavenger hunt. When the lights go out, join a group of adventurers for a flashlight tour of the Egyptian tomb, or a walk into the prairies, oceans and forests of "Into the Wild," alive with birdcalls and insect noises.

The next family overnight is scheduled for November 13 and costs $30 for a child, $35 for an adult.

At the **Foothills Safari Camp** at Fossil Rim, in Glen Rose, Texas, spend a weekend on an African safari, Texas-style. Located on three thousand rolling acres, this conservation and education center lets you view more than one thousand endangered animals without cages or bars.



A wagon ride along the Oregon Trail recalls the pioneer days

You'll see scores of wildebeest, or zebra and giraffes.

On these three- and four-d camping adventures for a maxim group of twelve, the tents featu such civilized touches as air-con tioning, and the food includes su camp specialties as filet mignon sesame chicken.

When sharing a tent with pare children under two are free; kids a two to six cost $375 for a three- safari; children over six and adu cost $450. Call 800-245-0771 or 8 897-3398 for more information.

At the reconstructed village Prairietown, it's always 1836. T with the blacksmith or drop by general store to catch up on gos **Conner Prairie**, four miles from dianapolis, in Noblesville, India re-creates the lifestyles of the p neers who settled this area.

You can see how your family wo have fared by booking the museu one-room cabin for the night. l down on a straw-tick mattress cook in an open-hearth fireplace ing wooden spoons. You must ca your water in a jug, use corncobs lye soap for cleaning and stoke fire with wood. By candlelight, r the entries that past pretend pion jotted down in the cabin's journal.

The cabin, available year-round Friday and Saturday nights, exc during the summer months, costs a night or $75 for the weekend. more information, call 317-776-60

Take the pioneer spirit out on road by going west with a wagon t along the Oregon Trail. With **Hist Trails** (307-266-4868), in Cas Wyoming, you ride in a Conest wagon (padded for your comfort on horseback for a two-day trip follows the route the pioneers t along the Platte River. Along the choose to be either a brave or a alry officer. The Indians, astu horses, sneak up to "attack" the on, and the settlers must fight b At night, camp in a wagon or tepee under the stars. Fees are $ for a spot in the wagon or $19 ride a horse. No charge for kids der five, and half price for kids five to ten. —CANDYCE H. STA

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The Cruise Brothers Anywhere Travel is a licensed, bonded agency founded by our father William Gelfuso in 1972. We try to be the best lowest cost cruise travel provider in America.

Cruise news: spas at sea

Cruise ships that offer spa services are luring a new generation of health-conscious clients who want more from their cruise vacation than just endless buffets. And on a spa ship, you can stick to your diet, maintain your workout routines, indulge in massages and other treatments, and still dance till dawn, play blackjack in the nightclub and tour four ports in seven days.

"People don't think of cruises as a spa destination," says Larry Fishkin, president of Cruise Line, Inc., a high-volume cruise-only travel agency. "People think of cruises as places where you sit and overeat. But ships like the *Norway* and the *CostaClassica* offer facilities comparable to any spa destination."

While not as large as their landlocked counterparts, these oceangoing spas offer a full schedule of activities. In addition to Stairmasters, treadmills and other standard exercise equipment, you'll find a variety of aerobics classes, plus pampering services such as facials, massages, aromatherapy, reflexology, acupressure and seaweed treatments. And the spas at sea sport a new look that matches their new attitude. No longer relegated to the boiler-room



***Monarch of the Seas* provides all the comforts of a top-notch spa**

deck, these facilities are loca front-and-center, gussied up v floor-to-ceiling glass and sweep 180° ocean views so you can scan horizon for whales and white while you pedal the pounds away

Six ships designed to lure a ness-conscious clientele are No gian Cruise Line's *Norway*, C Cruise Line's *CostaClassica*, and l al Caribbean Cruise Line(RCC *Majesty of the Seas*, *Monarch of Seas* and *Sovereign of the Seas*.

Redesigned in October of 1 the *Norway*, which sails Caribbean, features a fourteen-ro six-thousand-square-foot Roman complex. Here you can indulg hydrotherapy, soak in the seaw Jacuzzi, and assuage your consci after heaping your plate at the n night buffet by signing up for "slendisium" thermal body wra treatment aimed at detoxifying slimming your body. These and er spa treatments may be purch as half-day, full-day, three-day six-day spa packages. The intro tory half-day program, which cludes a water-exercise class an herbal massage designed to nou your skin, costs $99. A six-day gram, which soothes you with a c massage plus a variety of aromath py treatments, costs $689.

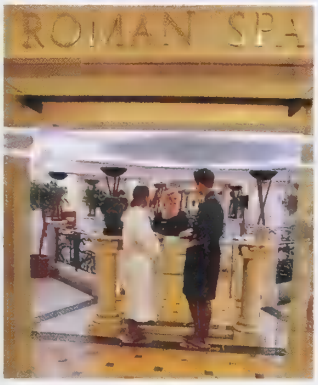
The *CostaClassica*, a glitzy ship launched last January, feat the Caracalla Spa, a sixty-five-h dred-square-foot facility with h day, one-day, three- and six- schedules of aerobic classes, b wraps, facials and massages. Medici, the half-day program, c $99, and the Bellissima, the six- program, costs $625. In addition, *CostaClassica* encourages you to k up your fitness regimen in port v organized walks and golf and te packages. This ship sails Caribbean in fall, winter and spr and heads for the Mediterranea the summer.

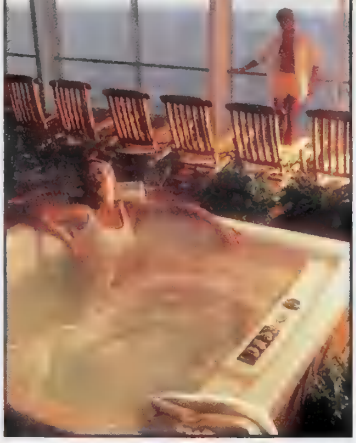
Royal Caribbean Cruise Lin ShipShape fitness program of hard-core classes geared to dieh fitness fanatics as well as less stre ous routines. Complete a workou tivity, whether it's an early morn

walk, a gut-buster stomach set dance class, and you earn a Ship- e "dollar," good toward the pur- e of a T-shirt. How popular is program? In 1991, the passen- earned almost three hundred sand T-shirts—so far in 1992, L has awarded nearly eight hun- thousand T-shirts.

addition, the spas onboard L's three megaships, the *sty of the Seas*, which made lebut last April, as well the *Monarch* and the *reign*, all of which sail the bbean, offer passengers a ety of massage and body ments.

hen booking a spa-at-sea ram, be careful of two po- ial problems—timing and refundability. Since the e hours for treatment fill early, dule your services as soon as you n board or before, if your travel t permits. That way, you won't rced to choose between having dinner or your massage. Also, before you buy an extensive package, be sure you like both the treatments and the practitioners, since many of these programs are nonrefundable.





Top: a whirlpool soak onboard the *CostaClassica*. Left: The entrance to the *S.S. Norway*'s Roman spa

To save money when booking a cruise, consider using a high-volume cruise agency. Cruise Line, Inc., for example, reports that they save clients anywhere from $600 to $2,000 per cabin, depending on the cruise ship and length of the trip. Cruise Line also offers a 10 percent discount on three- to six-day spa programs for the *Norway* and *CostaClassica*. "If you buy the cruise from us," notes Larry Fishkin, "the savings allows you to get the spa package for free." For example, the brochure price of a week-long cruise aboard the *CostaClassica* plus a six-day spa program starts at $2,355 per person, but the Cruise Line, Inc., sells this same package for $1,639 per person. For more information, contact the Cruise Line, Inc., 800-777-0707.

Compare these prices with those offered by other cruise-only agencies such as the South Florida Cruises, 800-327-SHIP. For a list of additional cruise-only agencies, contact the National Association of Cruise Agencies (NAOCA), Freeport, NY; 516-378-8006. —C.H.S.





"EXTRA CHUNKY" STUFFED SHELLS

2 cups chopped fresh broccoli
2 medium zucchini, shredded
1 cup chopped fresh mushrooms
1 small onion, chopped
½ cup finely chopped carrots
2 tablespoons butter
Pinch nutmeg
Salt to taste
Pepper to taste
1 pound ricotta cheese
2 cups (8 ounces) shredded mozzarella cheese
1 egg, lightly beaten
¼ cup grated Parmesan cheese
3 tablespoons chopped fresh basil
1 package (12 ounces) jumbo pasta shells for stuffing, cooked and drained
1 jar (30 oz) **Ragu' Chunky Gardenstyle Spaghetti Sauce**

In a large skillet, sauté broccoli, zucchini, mushrooms, onion and carrots in butter until vegetables are tender. Season with nutmeg, salt and pepper. In a large bowl, thoroughly combine ricotta cheese, mozzarella cheese, egg, Parmesan cheese and basil. Add sautéed vegetables; stir to mix well. Spoon 1 cup spaghetti sauce evenly in a 13 x 9-inch baking dish. Fill shells with vegetable-cheese mixture. Arrange in baking dish. Spoon remaining sauce over shells. Bake, covered, 45 minutes. Bake, uncovered, 10 minutes or until bubbly. Serves 6.

The best living-history museums

The next time your kids ask you how the pioneers threshed wheat, what the Cherokee language sounds like or where Dr. Martin Luther King Jr. began his famous freedom march, show them. Take advantage of fall's crisp walking weather and colorful scenery to share some living history with your children.

MUSEUM OF THE AMERICAN FRONTIER CULTURE

In the Shenandoah Valley, on a trail once used by Indians, pioneer farmsteading becomes as real as the pigs in the pen and the plow horses in the paddock. Although you can still hear the cars on the not-too-distant highway from this one-hundred-eighty-five-acre complex, the four seventeenth-, eighteenth- and nineteenth-century homes transport you to a rural time. The buildings, laced along a five-eighths-mile dirt loop, illustrate the customs and lifestyles that these hardy immigrants from Germany, Scotland, Ireland and England brought with them and planted in the fertile Virginia soil. As you look across the rolling hills, you can imagine the promise that these pioneers sensed.



The guides offer hands-on history lessons that make learning fun. A matron at the eigh-

See old-world crafts at the Museum of the American Frontier Culture

teenth-century German home sits the stube (the family room) card wool. She carefully teaches kids pick the straw and hay from fibers. Outside, another hausf knits fingerless gloves to keep wo ers' hands warm while they t grain to the animals.

The stone fence, thatched roof Prudence the Pig rooting in the m endear the Scotch-Irish farm to kids. In this cottage of yore, ci eighteenth to nineteenth centu you can pull up a creepie stool named because you crept closer the fire as the night wore on) learn how to cook Donegal pie in open-hearth fireplace.

The seventeenth- and eighteen century English farm, a poor ma one-room abode with a cattail r and mud-cob walls, is the place practice your darning. At the Am can log cabin, with its double-p log barn, flail wheat on the cent threshing floor, then try your ha at the fanning mill, which was signed to clean a bushel a minute. you look into the sunset, imag women cooking a country supp while their husbands and childr were readying for a barn dance celebrate the harvest.

The museum is a delight to v throughout the fall. Try to plan a t the weekend of October 17 for H vest Home, a demonstration of h vest events. For more informati contact the Museum of the Ameri Frontier Culture, P.O. Box 8 Staunton, VA 24401; 703-332-7850

OCONALUFTEE INDIAN VILLAGE

Farther south along the Blue Ri Parkway from Staunton and against the backdrop of the pines a peaks of North Carolina's Gr Smoky Mountains, the Oconaluf Indian Village, in Cherokee, No Carolina, re-creates an authen 1750 Cherokee village.

Cherokee men with bear-cl necklaces demonstrate such survi skills as hunting with a blowgu chipping flint into arrowheads a fashioning a dugout canoe. Wom with long skirts and beaded neckla weave baskets from river *(continu*



The simplicity of Shaker rendered in clean lines and comfortable fabrics. Our transitional Flexsteel® sofa has tight-back cushions, an inverted kick pleat skirt and sturdy steel spring seating with a lifetime guarantee. Upholstered in cream and red cotton, $899. Loveseat, $849. Wing chair, $559. Wing ottoman, $269.

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Volvo station wagons offer cupholders only as an option.

Volvos do, however, offer as standard equipment, reinforced steel passenger cages, energy-absorbing structures, driver's side air bags and anti-lock brakes.

You can't fit an entire soccer team in a Volvo wagon.

But for the five people and all the stuff they want to bring along, there's the security of knowing this is a vehicle designed with safety in mind from the very start. Not as an add-on or an afterthought.

The Insurance Institute for Highway Safety studies the fatality rates in accidents for most cars sold in the U.S. Since they began publishing reports, Volvo has had among the lowest fatality rates in each of its respective model categories.

Which may be a good reason for Jill Wieder, mother of two, owning a Volvo. Wieder is a member of a Los Angeles car pool where she says four out of five families drive Volvo wagons.

Cecily Heavenridge is another person with a compelling argument for driving a Volvo. Two years ago, her husband Keith was in a serious accident in a Volvo and walked away. Since then, they've bought a new Volvo sedan and a wagon, which Cecily affectionately calls, "the tank."

Which is something we take as a compliment.

Drive safely.

VOLVO







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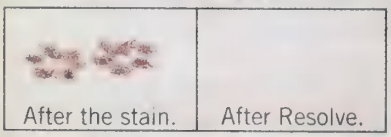
When you consider how many people get in car accidents each year, when you consider how much time you and your family spend on the road, you have to ask, do car buyers have their priorities in order?

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So why get upset with man's best friend?



Take away the worry, Take away the stain. Take out Resolve.

(continued) cane and white-oak saplings, cook bean bread, and mold coiled ropes of clay into pottery. A tribe elder in the seven-sided council house talks of the traditional customs and dances.

Nearby, at the Museum of the Cherokee Indian, hear the Cherokee language spoken, listen to tapes that tell the legends of the origins of fire and the formation of the mountains, and learn about the Trail of Tears, the forced march in the 1830s of the Cherokee from this area to Oklahoma.

Before heading off for a delightful drive along the National Park's winding picturesque roads, take time to visit the Pioneer Farmstead. These fifteen turn-of-the-century buildings are located two miles north of Cherokee, at the park's south entrance. The apple house, blacksmith's shop, hog pen, meat house and chicken coop convey a sense of the stalwart nature of these hill pioneers.You can watch volunteers make such old-world staples as sorghum molasses and apple butter.

For more information, contact the Oconaluftee Indian Village, P.O. Box 398, Cherokee, NC 28719, 704-497-2315; the Museum of the Cherokee Indian, P.O. Box 1599, Cherokee, NC 28719, 704-497-3481; and the Pioneer Farmstead, Great Smoky Mountains National Park, 704-497-9146.

ALABAMA'S BLACK HERITAGE TRAIL

Along Alabama's Black Heritage trail, the landscape comes alive with a tale of tears and triumphs. This self-guided tour, available throug brochure from the Alabama Bur of Tourism and Travel, takes on a drive throughout the st pointing out scenes of histo importance.

Take a long weekend to trace b history from Selma to Montgom to Tuskegee. In Selma, travel route the freedom marchers took March 7, 1965, to the Edmund tus Bridge, where armed police fronted them. Go back a centur struggle to the Old Live Oak Ce tery, where ex-slaves are buried.

In Montgomery, visit the mov Civil Rights Memorial, which l the names of approximately fo people who died in the 1955–1 struggle for racial equality. T head to the Dexter Avenue K Memorial Baptist Church, the pulpit for Dr. Martin Luther K Jr., and imagine the future that King envisioned from this altar.

In Tuskegee, tour The Oa Booker T. Washington's home, the George Washington Carver seum, which features the labora where Carver experimented w uses for peanuts, and the ground Tuskegee University, a formida institution begun by ex-slave Boo T. Washington as a single school thirty students.

The brochure highlights m other statewide sites, includ scenes of struggle in Birmingh black Civil War soldiers buried Mobile and the black infantry ba in 1864 at the Fort Morgan Hist Site in Gulf Shores.

For a copy of Alabama's Bl Heritage, call 800-Alabama. —C.I

PRODUCT INFORMATION DIRECTOR

Duette Honeycomb Shades make the world a shade more beautiful. For more information, call 800-32-STYLE.

Morton Salt offers a fun way for your kids to enjoy rainy days with inexpensive arts and crafts. This free brochure, called "Dough-it Yourself ™ Christmas Decorations," explains how to make dazzling decorations with a little Morton® Salt, a little flour and a whole lot of imagination. your free copy, write to: "Doug Yourself™ Christmas Decoratio Morton Salt, Consumer Affairs partment, 100 N. Riverside Pla Chicago, IL 60606-1597.

For information on nuclear electr and cleaner air, please write to U.S. Council For Energy Awaren P.O. Box 66080, Dept. BE27, Wa ington, DC 20035.

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11525-6PRP-80

The very latest in health today. By Sally Squires

A healthy start for babies

A new test, even more efficient than those currently available, can gauge nutritional deficiencies in pregnant women so they can be corrected before they harm the fetus. By analyzing the amount of ethane gas in the exhaled breath of mothers-to-be, researchers at Johns Hopkins Children's Center, in Baltimore, have found they can measure levels of vital antioxidant substances such as vitamins A and E, which are essential for protecting cells against harmful, unstable molecule particles called free radicals. Head researcher Kathleen Schwarz, M.D., says inadequate amounts of these nutrients may lead to eye disorders, lung disease and bowel inflammation in newborns.



Though stores of many nutrients can be measured by examining blood samples, the breath screen goes a step beyond by assessing how well vitamins actually function in the body. Researchers hope to further refine the test so that it can be used on premature infants, who sometimes develop a lung disease caused by low levels of vitamin A.

In another study at Johns Hopkins, a research team headed by Mark C. Steinhoff, M.D., showed that a nose-drop vaccine protected about 90 percent of thirty infants, ages two to five months, from getting the flu. Currently, there is no vaccine available for this age group, though they are at highest risk for developing ear infections, croup and pneumonia, which are common complications of the influenza A virus. Says Steinhoff, "We predict that the vaccine will be licensed in the next three to four years, and may one day be routinely given to all infants."

Earlier HIV detection

A person infected with HIV, the virus that causes AIDS, may not test positive for as long as forty-two months after infection. But preliminary studies using a blood-screening method being developed at the University of Maryland School of Medicine, in Baltimore, indicate that it can detect HIV as much as eighteen months sooner. Researcher Susan Keay, M.D., Ph.D., hopes that the method—called anti-CD4 antibody testing—will be available in a few years. It could save lives by screening out infected blood and organ donors earlier than is now possible.

VANQUISHING URINARY TRACT INFECTIONS

Doctors at the University of Wisconsin Hospital and Clinics, in Madison, are developing a vaccine that may help protect women against persistent urinary tract infections (UTIs). In a recent trial aimed at boosting resistance, researchers injected a vaccine consisting of several dead bacteria strains into the vaginas of twenty-two women prone to recurrent infections. According to David Uehling, M.D., over a five-month period, nine of the women had no infections or one at most, whereas they normally would have had two or three. The others continued to have two or more infections. The only side effect in the group was minor irritation; a large trial is now being planned to further test the vaccine's efficacy.

An estimated 5 to 10 percent of women suffer three or more UTIs a year. These stubborn infections, which are painful and can be difficult to cure, can result in potentially dangerous kidney infections. The usual treatment with antibiotics may trigger yeast infections, and women on long-term preventive therapy may develop allergic reactions. Bacteria can also become resistant to constant doses of antibiotics.

NICOTINE PATCH ALERT

The Food and Drug Administration is looking into reports that several people have suffered heart attacks as a result of smoking while wearing a nicotine patch. The patches, which transmit nicotine through the skin to help smokers quit, have been shown to be safe, but the packaging does warn against smoking and using the product at the same time. So if you get an urge to light up, be sure to remove the patch and talk with your doctor first.


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dvertised. © McN-PPE Inc '92.

Dr. Elizabeth Seaton was a healthy, expectant mother. Then she went to the hospital with a minor complaint—and began a terrifying battle for her life

"Am I going to die?"

BY B.D. COLEN

Last May 29 was a happy day for Dr. Elizabeth Seaton. Confined to bed after feeling twinges of premature labor in the twentieth week of pregnancy, the thirty-five-year-old woman had now made it safely to the thirty-seventh week. In three days, she would reach full-term.

As a neonatologist—a specialist in the care of newborns—Beth Seaton knew how dramatically her baby's chances of survival had increased with each additional week of gestation. On this day, she made the forty-mile trip from her home in Westchester County, New York, to North Shore University Hospital on Long Island for the final routine checkup of her pregnancy.





A PHYSICIAN WHO CARED FOR NEWBORNS, BETH SEATON (HERE, WITH DAUGHTER LAUREN) TOOK GOOD CARE OF HERSELF DURING HER HIGH-RISK PREGNANCY. FAR RIGHT, HER HUSBAND, DR. JIM NEUENDORF, AND LAUREN, NOW THREE

It was a long way to go for obstetric care, but Beth had grown up in that area and had done her two-year fellowship in neonatology at North Shore. While there, she had developed great respect and affection for Keith Rawlinson, M.D., an obstetrician. Rawlinson had delivered Beth's daughter, Lauren, who had just turned three, so it was natural that she would return to him.

"She was in good spirits, and all her tests indicated she was in good shape," Rawlinson recalls of that last checkup.

Yet less than ninety-six hours later, Beth Seaton and her infant son were dead—victims of a bacterial onslaught that even the most sophisticated treatment couldn't stop.

It is only a slight bit of hyperbole to say that Elizabeth Seaton died of a sore throat. She was felled by toxic shock, caused by Type-A beta hemolytic streptococcus. This is a more aggressive form of the same bacterium that each year causes millions of sore throats easily treated with antibiotics. It's also the same bacterium that killed Muppets creator Jim Henson two years ago.

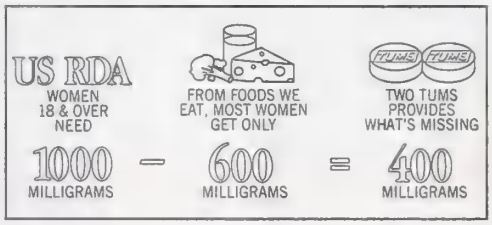
While her premature labor placed Beth's pregnancy in a high-risk category, there was nothing about her medical history that placed her at risk of death. She was a healthy physician—a doctor's daughter and a doctor's wife—who followed all the rules throughout her pregnancy. She died at a major university *(continued)*

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medical center, cared for by highly trained and experienced colleagues who did everything possible and then some.

"This was like a microbiological Armageddon," says Rawlinson. "It was so terribly frustrating to be at the bedside and not be able to do anything." Tears stream down his cheeks as he talks.

Just a few months earlier, Rawlinson and some of the same North Shore physicians who cared for Beth had treated another pregnant woman with strep toxic shock, which strikes only one in 100,000 people and kills about one third of its victims. That woman, twenty-three weeks pregnant, survived but lost her fetus. "I wish I knew why," says Bruce Farber, M.D., the hospital's epidemiologist and associate chief of infectious diseases. Farber notes that there had been only one known case of a pregnant woman surviving strep toxic shock. "So I was high for weeks after the first case. Then this case rolled around."

Mysterious symptoms

The morning of Monday, June 1, Beth woke up with a slight fever and general feeling of discomfort. She called Rawlinson that afternoon, who says he told her to take Tylenol for the fever and to call him if she felt any worse.

"That evening we spoke to him again," recalls Beth's husband, Jim Neuendorf, M.D., a family practitioner and medical director of a nursing home. "She had some cramping, some pain in her upper abdomen and a fever of about 101°F. He recommended fluids and Tylenol and said to come in at eight A.M. Tuesday. He also said if the fever didn't let up, we should come in right away."

Beth awoke around three A.M. with more cramping and some diarrhea, so the couple decided to drive to the hospital. Not realizing she was seriously ill, Beth left a note for three-year-old Lauren's live-in nanny but did not wake her daughter to say good-bye.

They arrived at the hospital around 5:55 A.M. "By the time we got to North Shore, she felt she was starting to have contractions," Jim says. "She was whisked to the delivery room." There was no sign that she was seriously ill, he says. She simply "was starting to look like a woman in labor." Eventually, Beth was taken to the labor room after doctors determined that birth was not imminent.

Timothy Dowd, M.D., the anesthesiologist on call in the delivery room, remembers the residents having some trouble with the baby. "At first, they thought it was a problem with the fetal monitor rather than with the baby itself, but by six-thirty A.M., they recognized that baby had become severely distressed, they rushed Elizabeth back to the d ery room. When they left the labor r the baby had a heart rate that was s ing. But by the time they reached the livery room, about fifty feet away, baby had no heart rate." Within ments, the infant was born dead.

It was Dowd's job to try to resusci the baby. He inserted a tube in the fant's trachea to allow for artificial piration, administered adrenaline other resuscitative drugs through umbilical vein to try to start the h beating and performed cardio monary resuscitation (CPR).

"We did all this with Elizabeth l on the delivery-room table next to Dowd continues. "She was awake, a watching us. She was very anxious, was tearful. On a couple of occasi she asked, 'Do you want me to ge the table and help?' "

A devout Catholic, Beth asked the hospital chaplain baptize the s born child. By 7:07 A.M., the b Christopher James, was officially nounced dead. At that point, the p cians didn't know what had killed or what threat, if any, the cause of d would pose to his mother.

By all accounts, Beth still looked r like a sick woman who had just g



than a critically ill patient whose ung in the balance. Her blood pres- was about 120/70, well within the al range, although just two hours t would be an alarmingly low 80/50. ore he left the hospital to go home, stopped by the labor room where n was resting. "She was not looking e says. "She was tearful and apolo- to her husband, as if she had done hing wrong."

Dowd, the baby's death was partic- disturbing because "under normal nstances, even when a baby's heart opped beating shortly before deliv- lmost invariably you will get the started again. . . . The most fright- thing about this whole experience hat had she not been delivering a she was not even sick enough to sought medical attention. She have been home in bed taking it . . and yet she died."

th Rawlinson, who had arrived at spital earlier, was "horrified" about had happened. "Beth didn't seem to any [seriously] adverse physical but I knew something very rapid appening. The baby's death was o a very acute event. One might seen a similar picture with a mas- rug overdose."

ppeared to Rawlinson that the baby ed of an infection, and "if this in- fection had been so gargantuan as to wipe the baby out so rapidly, we had to assume that something similar was going to happen to Beth."

Rawlinson acted quickly. He started Beth on intravenous fluids and three powerful antibiotics—ampicillin, clindamycin and gentamicin—which could knock out any number of bacteria, including streptococcus.

As is the hospital's practice, the baby was wrapped in a blanket and given to the mother to hold, Rawlinson explains, fighting to control his emotions. "She asked what was happening. She suspected an E. coli, gram-negative infection," Rawlinson says, referring to a bacterium found in the intestinal tract, "but that didn't fit the picture."

The picture that fit—and filled Rawlinson with dread—was that of the strep toxic shock case he had battled two months earlier.

The frantic fight for survival

"I saw her first around nine A.M.," says infectious-disease specialist Bruce Farber, who had worked with Rawlinson on the earlier case. "Although she was alert and responding appropriately, her vital signs suggested somebody on the verge of shock. But the diagnosis was not clear." After further examination, Farber, too, guessed that it was strep toxic shock. And if he was right, only time would tell whether Beth would be able to fight off the infection and survive, or be overwhelmed by it.

Researchers do not fully understand why, each year, ten million to twenty million Americans infected with Type-A beta strep develop easily cured sore throats, while a handful of people develop toxic shock and die. In these individuals, toxins released by the bacteria kill cells throughout the body, causing the circulatory system to collapse and the body's vital organs to fail.

Nor do they fully understand why strep toxic shock is almost always fatal in pregnant women while the mortality rate is only about one third for other victims. Farber notes that many infections have more serious consequences for women in late pregnancy, apparently because the immune system is altered and "amniotic fluid serves as a terrific culture medium" in which infection can grow.

Strep organisms are not antibiotic-resistant, Farber explains. But though the medications kill the organism, they can't stop the ongoing release of toxins. Which is why, apparently, all the antibiotics pumped into Beth Seaton's body could not save her.

Nurse-midwife Barbara Wisdom was with Beth shortly after the delivery. A close friend, Barbara *(continued)*



had participated in Beth's delivery of her daughter, Lauren, and was to have helped with this birth also.

From the time they met, early in Beth's neonatal training, the two women were drawn together by their religious faith and by an odd coincidence. Barbara, an ex-nun, had belonged to the order founded by Saint Elizabeth Seton, for whom Beth had been named, and had given Beth several books on the first American-born saint. "I stayed with her" after the baby died, says Barbara. "We talked, and she was very thirsty, very thirsty. She said she was dying for a Diet Coke. That was the last thing she drank."

Barbara remembers taking Beth's husband, Jim, to a phone so he could call his parents in Michigan and Arthur Seaton, his wife's father. At that point, she says, "the grieving was for the baby. In a matter of hours, that shifted."

Anesthesiologist Steven Weintraub, M.D., a friend and former colleague of Beth's, was on another floor that morning, but his supervisor, on hearing that Beth had lost the baby, suggested he go "get involved."

There was a crowd in Beth's room in the third-floor obstetrics unit—her husband, Barbara Wisdom, three senior physicians, residents and nurses. The doctors inserted several life-supporting lines and tubes into Beth's body in a frantic attempt to save her. Says Weintraub: "It was just one invasion [of the body] after another in this maelstrom toward death . . . . We all were working while she was still grieving," and, at times, cuddling her dead baby. "It was awful." With each passing hour, Beth required more life support. As a physician, she understood only too well the implications of each additional level of support.

By noon, Jim Neuendorf began to realize he might lose his wife, as he had lost their new son. "When they started to talk about transferring her to the ICU [intensive care unit] and she wasn't putting out any urine, I knew the kidneys were failing." (The kidneys are one of the first organ systems to fail in strep toxic shock.)

"I felt hopeless, and helpless as a physician," Jim says. "I knew that things weren't working out. But you don't want to believe it when it's your wife. I remember saying, 'I can't lose my wife.' " It was around that time, Jim recalls, that Beth turned to him and asked, "Am I going to die?"

The end of hope

At around twelve-thirty P.M., infectious-disease specialist Farber called a Philadelphia drug company and asked that a still-experimental antitoxin be driven by messenger to North Shore. medication is intended to block th tion of toxins produced by bacteria. ber then started Beth on ano powerful antibiotic called imepenen.

"Late afternoon, she crossed the from needing critical support to nee lifesaving intervention," remem Weintraub. Beth had been in bed i ICU for about three and a half hours amount of medication could elevat horrendously low blood pressure, w was 80/50, and though she had bee ceiving oxygen through a mask, it become obvious she needed the help respirator to breathe. "We were ho that this would reverse itself," says ber, "but once you're in shock and on a respirator, the mortality ra around ninety percent."

Beth understood the implicatio being placed on the machine. An as Weintraub prepared to do his Beth spoke for the final time: "He words were 'No, Steve!' She didn't 'Good-bye, honey, kiss the kids' or goodbye to my father.' It was, Steve!'" Weintraub shakes his hea keep hearing, 'No, Steve!' "

At four-thirty P.M., Beth was start the highest possible doses of levo the most powerful drug used to blood pressure. Critical-care physi refer to the drug as "leave 'em d



ıse patients sick enough to receive ely survive. A note from this point e hospital record reads: "Critically ow intubated, requiring levophed. nosis poor. Patient's husband pre- ınd aware of the situation."

ter Beth was put on the respirator ıiven levophed, the fight for life fad- to a virtual death watch, although hysicians continued to press for- with all that high-tech intensive ıad to offer. At about six P.M., Wein- inserted yet another line into s body, this one in the left side of eck, to provide additional access to irculatory system. It was the last he would do for her.

ound six-thirty P.M., the messenger ed from Philadelphia with the ex- ıental antitoxin. It didn't work. At M., Beth was given the last rites of oman Catholic Church.

roughout the last hours of Tuesday nto early Wednesday, Beth drifted d out of consciousness. When she wake, she was able to communicate ıer husband or the medical staff by ing her eyes or squeezing hands.

never left, from the time she came ays her husband, "but I don't re- ber the time of death. It's such a , and you're overwhelmed and try- be strong for her."

metime during the last hour of Beth's life, Barbara Wisdom remembers "talking into Beth's ear. . . . Finally I said, 'If you see that light and have to go, that's okay. We still love you.' "

Shortly after, Barbara was in the hall with Jim when she heard "one of the nurses say, 'Beth! Beth!' I went back in." Her heart had stopped beating. "Jim came in, and I think he said 'Code,' " setting in motion a final all-out attempt to pummel life back into his wife. But neither external heart massage, nor electric shock, nor the injection of drugs directly into the heart could reverse the horrendous chain of physiological events that started when the strep bacterium silently invaded her body.

Dr. Elizabeth Seaton, thirty-five, who had arrived at North Shore University Hospital in labor less than twenty-two hours earlier, was pronounced dead at three-thirty A.M.

On Saturday, June 6, at ten A.M., a large group of women and men from all corners of Beth's life quietly filed into St. Theresa's Roman Catholic Church, in Briarcliff Manor, for the funeral mass, at which a minister friend of Beth's father delivered a eulogy. After a brief graveside ceremony, the last mourners drove away, leaving the bodies of Elizabeth Seaton and her stillborn son on a hillside in the Gate of Heaven Cemetery.

Today, those Beth Seaton left behind struggle with the meaning of her death. What pains Keith Rawlinson the most, aside from losing a friend, is that he was unable to learn anything that might help another patient. "If it happened again today, I wouldn't do anything differently," he says, sitting in his tiny office at North Shore, a Christmas photo of Beth and her family on his desk.

Jim Neuendorf, who will live with his tragic loss long after it may fade for others, considers the care his wife received and the meaning of its failure: "They thought of everything from the day she first went on bed rest. They practiced better medicine than maybe even I would have considered. You very quickly learn how human you are, that you can't have control over everything."

Barbara Wisdom, the nurse-midwife who comforted Beth and Jim while they grieved for their lost baby and then grieved herself over the loss of the baby's mother, hangs onto "a vision of this beautiful baby next to his beautiful mother," she says softly, her eyes beginning to tear. "There's a piece of me that still expects this to be over, to just pick up the phone and call Beth." ■

B.D. Colen is a medical writer for New York Newsday and author of "O.R.: The True Story of 24 Hours in a Hospital Operating Room," which will be published by Dutton in April.

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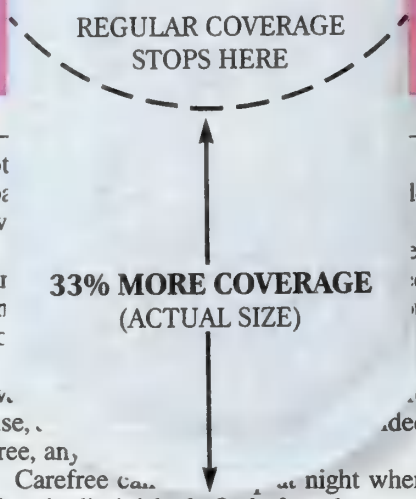
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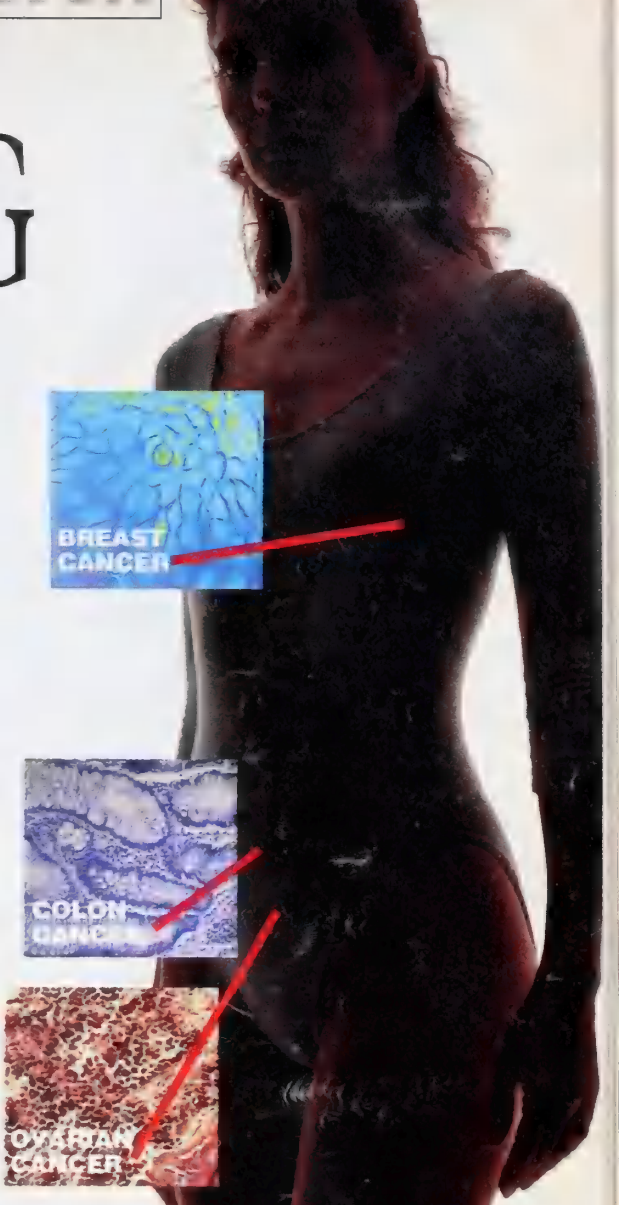
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UNRAVELING CANCER'S SECRETS

In this first of two special reports on women's health issues, you'll discover how trailblazing research will pave the way to sharper detection tools and superior treatments. Plus: all the latest on breast, ovarian and colon cancers.

By Paula Dranov



Cancer, one of the most feared diseases of our time, manifests itself through a variety of symptoms and seemingly different guises in any number of organs. But all cancers, no matter how diverse they may appear, are distinguished by renegade cells with no function other than to proliferate, spread and forge a chaotic, destructive path through healthy tissue. The command for this unrestrained, potentially deadly growth is dispatched by genes rendered abnormal, perhaps by a virus, a chemical, an inherited flaw or even by the wrong dietary choices.

Though researchers have made impressive headway against cancer, any hope of saving significantly more people who have the disease is dependent upon fully understanding the complex process that coaxes cells to rebel. That has long been an elusive quest. Recently, however, scientists in the booming field of molecular biology have homed in on some of the early transformations that set the malignant process in motion. And although each discovery uncovers a mind-boggling set of new riddles, stunning progress has been made, raising the hope that someday cancer can be prevented or extinguished by forestalling, interrupting or reversing the cascade of genetic mutations that allows the disease to take root and flourish.

"So much is happening that it's fun to be in this area now. We're not going to cure cancer completely, but we may find less toxic treatments very soon," says Marc F. Hansen, Ph.D., assistant professor of molecular genetics at M.D. Anderson Cancer Center, in Houston. *(continued)*

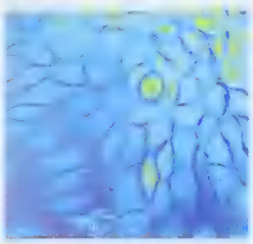
(continued) To date, several genes that seem to have major implications for cancer control have been identified:

- One, dubbed p53, normally acts as a tumor-suppressor—it squelches any tendency of cells to divide uncontrollably. But p53 genes that have lost their cancer-fighting capacity have been found among so many forms of the disease that researchers suspect p53 must be lost or damaged for most kinds of malignancy to develop. In one of many studies, Hansen and colleague Victor G. Vogel, M.D., are trying to determine what percentage of women with breast cancer have inherited mutations of p53.
- Another mutated gene that turns up in many cancers is known as c–myc. Doctors in the Netherlands recently reported that an abnormally high number of c–myc genes in breast cancer cells suggest that the disease is likely to recur after surgery. Daniel D. Von Hoff, M.D., a professor of medicine at the University of Texas Health Sciences Center, and his colleague, Geoffrey Wahl, Ph.D., of the Salk Institute, in La Jolla, California, are testing a drug in the laboratory that has caused cancer cells to eject c–myc genes and disappear.
- At UCLA, a research team led by Dennis J. Slamon, M.D., Ph.D., is targeting a gene called HER-2/neu, which, when damaged, causes breast and ovarian cancer cells to become more aggressive. Currently, Slamon is using proteins called monoclonal antibodies, which act like "smart bombs" to locate and disable the protein made by HER-2/neu genes in women with advanced breast and ovarian cancer.

While it will probably be years before therapies based on these findings are widely available, the ability to detect certain genetic alterations is lifting a heavy burden from two small groups of people right now. One group is prone to develop a combination of breast and ovarian cancer. And the other is comprised of families with a rare form of colon cancer. These patients can have their risks assessed and then cheat cancer by practicing careful detection strategies and/or having the threatened organs removed.

For people without such a strong genetic risk, major life-extending strides over the past few years include different combinations of anticancer drugs and inventive techniques that permit more effective doses of those drugs. In addition, scientists are investigating ways to thwart cancer by altering lifestyle habits, such as diet, that help normal genes go awry. "We may be able to prevent cancer with foods we can buy at the grocery store," says Sherwood Gorbach, M.D., of Tufts University School of Medicine, in Medford, Massachusetts.

Breast, ovarian and colon cancers have a disturbing tendency to occur in the same families, and any woman who develops one of these diseases must consider herself at high risk for the other two. Here, a closer look at critical research in these three areas.



"We're not going to cure cancer completely, but we may find less toxic treatments very soon."

—Marc F. Hansen, Ph.D., M.D. Anderson Cancer Center

BREAST CANCER

The statistics are grim: At some point in her life, one American woman in nine will develop breast cancer. It's the most frequently diagnosed cancer and the number-two cancer killer of women. (Due to the prevalence of smoking among women, lung cancer is number one.)

While the incidence of breast cancer has been rising steadily in recent years, earlier detection of tumors with mammography may partly account for the upsurge. If so, the numbers will start to level off, and the latest available figures suggest this is already happening.

Many people often mistakenly believe that one in nine signifies either the number of women who have the disease today, or the number who can expect to develop it this year. Neither is the case.

More precisely, according to the American Cancer Society (ACS), a woman who is thirty faces a one in 1,500 risk of developing breast cancer in the next year; at forty, the risk is one in 800; at fifty, one in 450; and at sixty, one in 300.

Where danger lurks

The chance of developing breast cancer is higher than normal among women with a first-degree relative—mother, sister or daughter—who has had the disease. But 70 to 80 percent of all breast-cancer patients have no family history. For these women, other culprits, such as the female hormone estrogen, may be to blame. Compared with women of past generations, women today start to menstruate younger, and may take the birth control pill or postmenopausal hormone-replacement therapy—all of these mean greater exposure to *(continued)*

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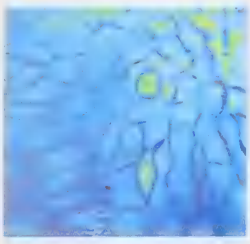
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"We may be able to prevent cancer with foods that we can buy at the grocery store."

—Sherwood Gorbach, M.D., Tufts University

(continued) estrogen. Also, postponing a first full-term pregnancy until after age thirty increases the risk of breast cancer, notes Susan DeVesa, Ph.D., an epidemiologist at the National Cancer Institute (NCI).

And since fat cells produce estrogen, excess weight may be implicated, too. A recent study at New York's Memorial Sloan-Kettering Cancer Center shows that women who are 25 percent or more over their optimal weight (according to standard insurance tables), when they are first treated for breast cancer face a 42 percent risk of recurrence ten years after diagnosis, compared with 32 percent for slimmer patients.

A variety of dietary components is either esteemed as possibly protecting against breast cancer or maligned as being carcinogenic. High fat intake is on the dangerous-suspects list. Epidemiologists credit the lean diet of Japan for that country's lower breast-cancer rates. But results of actual studies are conflicting, and some doctors argue that in order to establish a solid link, dietary fat levels would have to be slashed drastically—a difficult task for many. Maureen Henderson, M.D., D.P.H., of the Fred Hutchinson Cancer Research Center, in Seattle, is now conducting a study to see if a group of women can lower their fat intake to 20 percent of total calories with nutritional counseling. If they can maintain the change for several years, researchers could then better assess the association between fat and breast cancer.

The incidence of the disease is also low when fiber consumption is high. At Tufts University, a team led by Sherwood Gorbach, M.D., and Barry Goldin, Ph.D., is studying whether adding fiber and soy products like tofu to the diet will lower estrogen levels or interfere with its activity or both and, therefore, protect against breast cancer. "We've always believed that Japanese women have a low rate of breast cancer because of their low-fat diets," says Gorbach, "but it also may be because the soy they eat blocks the action of estrogen."

Diets rich in produce may help guard against breast cancer, too. Researchers at the State University of New York at Buffalo recently found a decreased risk among women who ate more vegetables and fruits, especially those high in vitamin C, folic acid, fiber and carotenoids, including beta carotene.

Mammograms, MRI and biopsies

There is no doubt that early detection of breast cancer via mammography saves lives among women over fifty. But there's no clear-cut evidence that it benefits younger women, and many health-care *(continued)*

TINY GROWTHS, DIFFICULT DECISIONS

Two types of tiny precancerous breast growths are smack in the center of a breast-cancer dispute. One, lobular carcinoma in situ, develops in the breast's milk-producing structures, and about 16 to 27 percent of all affected women eventually develop cancer. The second change, ductal carcinoma in situ, appears in the milk ducts, and 20 to 25 percent of all cases eventually develop invasive cancer. Doctors regard both of these as "markers," signaling a susceptibility to breast cancer. But there's no way to predict which women will develop the disease and which won't.

"About 30 percent of the breast cancers that we find by mammography are ductal carcinoma in situ," says Daniel B. Kopans, M.D., director of breast imaging at Massachusetts General Hospital. "One of the big controversies in the field is what to do with these very early lesions."

To compound the predicament, some old-school surgeons still recommend mastectomy for ductal carcinoma in situ, notes M. Margaret Kemeny, M.D., chief of surgical oncology at St. Vincent's Hospital and Medical Center, in New York City. But two other choices are available: lumpectomy to get rid of the growth and some of the surrounding tissue or lumpectomy plus radiation. A third treatment option currently under study would add the anti-estrogen drug tamoxifen to lumpectomy plus radiation.

A woman with lobular carcinoma in situ can have the lump removed and then follow up with regular monitoring. While some physicians still advocate mastectomy, there is no right or wrong approach. Says Kemeny, "It's up to the woman to decide how much of a risk she can live with."

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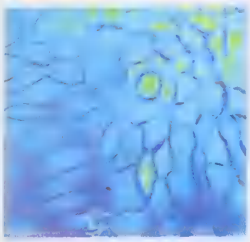


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One day, MRI will make the treatment for breast cancer "no more difficult or disfiguring than wart removal." —Steven M. Harms, M.D., Baylor University Medical Center

(continued) professionals object to the current trend of aggressively screening women in their forties. The ACS, the NCI and other health authorities suggest annual mammograms for women in their fifties, and every one to two years for healthy women between the ages of forty and forty-nine. But both the federal government's Preventive Services Task Force and the American College of Physicians argue against starting the low-dose X-rays before age fifty for women with no family history of breast cancer.

And the debate has just gotten a little hotter. A new large-scale, prestigious Canadian study suggests that mammography has little value for women in their forties. "We're in the sad position of saying that these women did not benefit [from mammograms] in terms of having fewer deaths from breast cancer," says Cornelia Baines, M.D., deputy director of Canada's National Breast Screening Study.

Some experts attribute the Canadian findings to poor-quality equipment, but others, like Ruby T. Senie, Ph.D., an epidemiologist at Memorial Sloan-Kettering Cancer Center, maintain that "the Canadian study reflects the real world of facilities available to women today."

In the future, refined technologies may be used along with mammography for more precise and earlier diagnosis. Although a mammogram can pick up tumors as small as one half centimeter (about half the size of a large green pea), earlier detection may mean that the cancer is caught before it has a chance to spread. At Baylor University Medical Center, in Houston, Steven M. Harms, M.D., has shown that magnetic resonance imaging (MRI) illuminates growths as tiny as three millimeters (about one eighth the size of an aspirin tablet) by producing an image of the breast with radio waves and magnetic fields.

What's still needed is a computer-guided needle that can be used with MRI so that cells from tiny tumors could be extracted for biopsy. Right now, tissue must be removed surgically, and although a needle biopsy can be done with mammography, this method does not have the precision necessary for an MRI biopsy. Harms hopes that research teams will solve the technological problem within three years, and he envisions the day when MRI will make treatment for breast cancer "no more difficult or disfiguring than wart removal."

It's comforting to know that eight out of ten suspicious breast lumps removed are found to be benign—still, that amounts to scores of unnecessary operations. Many of these procedures, however, may soon be replaced by an exciting innovation—sterotactic automated large-core biopsy. Here, a patient lies face down on a table with her breast protruding through a large hole. A special kind of mammogram pinpoints the exact location of the lump, and then a computer helps aim a gun containing a needle, which shoots in to extract a tissue sample. Reviews so far are good; the procedure is less painful and disfiguring than a standard biopsy and costs much less.

More effective treatments

Two efforts are under way to explore whether substances that target estrogen can protect against breast cancer. The first is a highly publicized, $60 million, seven-year, NCI-supported study to see if the synthetic hormone tamoxifen, now used to treat the disease, can also prevent it. Tamoxifen is given to avert cancer recurrences among women whose tumors depend on estrogen for growth (that's almost two thirds of all breast cancers). In these cases, structures called receptors on the surface of cancer cells control estrogen's access to the cells. Tamoxifen jams these receptors, preventing the hormone's entry. The drug reduces the rate of recurrence by 30 percent, and researchers believe that the women who take it in the new study will develop one third fewer cases of breast cancer than the women taking a placebo.

Since tamoxifen also seems to protect against osteoporosis and heart disease, if it also protects against breast cancer, all women may one day be urged to take it after menopause, when the risks of all three diseases begin to rise. Exciting though this possibility is, tamoxifen does have unwanted side effects, including hot flashes, headaches, nausea and vaginal discharge or dryness. It also increases the risk of blood clots, uterine cancer and possibly noncancerous liver disease.

The other potential cancer foil is a new birth control method being developed at the University of Southern California (USC) School of Medicine. Malcolm C. Pike, Ph.D., chairman of the department of preventive medicine, and Darcy V. Spicer, M.D., associate professor of medicine, explain that the formulation *(continued)*

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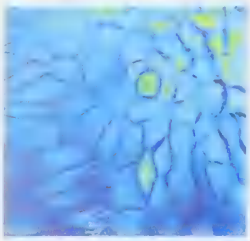
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Lumpectomy, followed by radiation, has been established as an effective alternative to mastectomy for early-stage breast cancer.

(continued) includes a hormone called Gn-RHA (gonadotropin-releasing hormone agonist), which can suppress ovulation, hormone production and menstruation.

"Some women believe that taking hormones isn't natural, but menstruating for thirty-five years like women do today isn't natural either," says Pike. "Our great-great grandmothers only menstruated for a few years, because they were usually pregnant or nursing."

Fine-tuning therapy

In recent years, breast-conserving surgery—known as lumpectomy—followed by radiation has been established as an effective alternative to mastectomy (removing the whole breast) for early-stage breast cancer. Yet, amazingly, information gathered by the ACS and the American College of Surgeons shows that about 75 percent of women eligible for breast-conserving treatment (BCT) *still* have disfiguring mastectomies—especially if they live in certain parts of the country. The rate of BCT is highest (41 percent) in New England and lowest (11.5 percent) in four Southern states (Alabama, Mississippi, Tennessee and Kentucky).

It's speculated that surgeons are underutilizing BCT because they mistakenly believe the cancer recurrence rate is lower when the breast is removed. But DeAnn Lazovich, M.P.H., of the Fred Hutchinson Cancer Research Center, one of the authors of another lumpectomy study, notes that "for both types of surgery, the recurrence rate is the same, between eight and ten percent."

The shock of being diagnosed with breast cancer and concern about getting appropriate surgery may be just the beginning of a woman's worries. When cancer is caught very early, mastectomy or lumpectomy plus radiation may be all the treatment needed. About 30 percent of cancers that have not spread to the lymph nodes will recur, and there's no way to predict which ones. The dilemma doctors face is whether to treat all of these women with adjuvant therapy (tamoxifen or other types of chemotherapy or both) when only some would benefit. New findings showing that chemotherapy and radiation increase the risk of leukemia have made the decision even more difficult.

There is little doubt that adjuvant therapy can improve prospects for survival. A new statistical analysis done at England's Oxford University found that the lifesaving benefits of adjuvant therapy prevail for at least ten years after it has ended. In premenopausal women, removing the ovaries or disabling them with radiation or drugs in order to reduce the amount of estrogen in the body also proved effective.

Despite these findings, treatment decisions must be made on a case-by-case basis, says Ruthann Giusti, M.D., an oncologist at the NCI, at least until further studies, now under way, clarify what she calls a "complex and muddy area."

Help for advanced breast cancer

Bone-marrow transplantation, commonly used in patients suffering from certain blood diseases, is now a powerful weapon in the fight against breast cancer. Researchers report that autologous bone-marrow transplants (ABMT), using the patients' own bone marrow, enables them to tolerate higher and more effective doses of chemotherapy.

Anticancer drugs aren't choosy: In addition to destroying malignant cells, they can wipe out healthy ones stored in bone marrow, thus disabling the immune system and doing the patient more harm than good. So, by removing, or "harvesting," bone marrow prior to chemotherapy, purifying it to remove any cancer cells and then reinfusing it after ultrahigh doses of chemotherapy, doctors can protect the immune system from the drugs' toxic effects. To enhance this approach, adding a substance called granulocyte-colony stimulating factor (G-CSF) to the harvested marrow speeds the recovery of white blood cells.

Researchers led by Eric P. Winer, M.D., at Duke University Medical Center, in Durham, North Carolina, studied a group of eighty-two breast-cancer patients who had undergone ABMTs. One year later, most reported feeling healthy. Their only major quality-of-life complaint was less interest in sexual activity. Still, bone-marrow transplants are risky—even in the best of hands, about 3 percent of all patients die from the treatment itself. The therapy is also extremely expensive (between $50,000 and $200,000 per patient) and may not be covered by health-insurance companies, since some still consider the treatment experimental.

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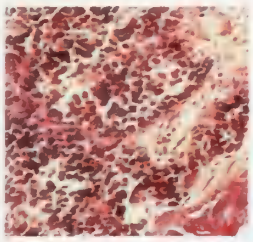
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OVARIAN CANCER



Ovarian-cancer specialists warn that lingering gastrointestinal problems in women over forty-five should never be ignored.

Ovarian cancer is the number-one gynecological cancer killer of women, but until comedian Gilda Radner died of it, most American women knew little about this insidious disease. While not as common as breast cancer (ovarian cancer affects 21,000 American women per year compared with 180,000 for breast cancer), it is far more lethal. Only 39 percent of all victims survive for five years compared with 77 percent of women with breast cancer.

A silent slayer

Like many malignancies, ovarian cancer can be cured if it's nabbed early. The trouble is, the first signs of the disease—digestive disturbances, weight loss and abdominal swelling—indicate that it has already spread. Once that happens, only one out of three women diagnosed survives. Ovarian-cancer specialists warn that lingering gastrointestinal problems in women over forty-five should never be ignored.

In a striking parallel with breast cancer, the risk of ovarian cancer is highest among women with a strong family history of it. Also, risk edges up with age, and is higher among women who have not had children and among those who begin menstruating early and reach menopause late. Steven Piver, M.D., director of the Gilda Radner Familial Ovarian Cancer Registry in Buffalo, New York, notes, however, that taking birth control pills even for as few as three to six months reduces ovarian-cancer risk. Doctors suspect that by suppressing ovulation, the pill gives the ovaries a needed respite from uninterrupted hormonal stimulation. As with both colon and breast cancer, high-fat diets also are linked with a higher-than-normal chance of developing ovarian cancer.

Sleuthing early cancer

Although it's far from perfect, doctors have finally found a test for ovarian cancer that seems to work. This breakthrough, transvaginal ultrasound, uses a wandlike instrument inserted into the vagina to scan the ovaries with sound waves. The result is an image that can reveal enlargements that might be cancerous.

"[Transvaginal ultrasound is] highly sensitive, specific, safe and acceptable to patients," says Paul D. DePriest, *(continued)*

BREAST AND OVARIAN CANCER-PRONE FAMILIES

Like colon cancer, breast and ovarian cancer may run in families. Unfortunately, however, according to Henry T. Lynch, M.D., a medical oncologist at the Hereditary Cancer Institute at Creighton University, in Omaha, Nebraska, "many physicians know little about cancer genetics and often aren't aware of its impact."

For women with a number of close relatives who have had breast and/or ovarian cancer, especially if both diseases occur in successive generations among women under age forty-five, Lynch recommends that they make sure their doctors know their family history, have their breasts examined by a physician every six months starting at age twenty, and do their own monthly breast self-exams. In addition, they should have mammograms every other year between the ages of twenty-five and thirty-five, and annually after thirty-five. At age twenty-five and every year afterward, they should also have transvaginal ultrasound, color flow Doppler imaging and a CA-125 blood test. For those with a very strong family-cancer history, specialists may recommend removal of the ovaries after a woman has had all the children she wants. In certain extreme cases, preventive mastectomy may also be warranted.

Lynch is currently using an experimental test that can identify hereditary breast and breast/ovarian cancer families, when several family members, including some that have cancer, are tested.

Women who have a single first-degree relative who has had breast or ovarian cancer also have an increased risk, but it's much lower than that seen in hereditary-cancer families. These women should seek out specialists for advice on screening guidelines.

For more information, contact the NCI's Cancer Information Service at 800-4CANCER.

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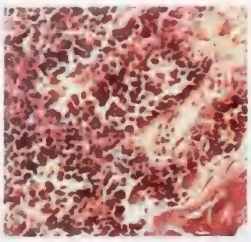
Do you experience these symptoms?	Yes	No
1. Frequent heartburn attacks	☐	☐
2. Frequent use of antacids	☐	☐
3. Heartburn waking me up at night	☐	☐
4. An acid or bitter taste in my mouth	☐	☐
5. Burning sensation in my chest	☐	☐
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Taking birth control pills even for as few as three to six months reduces ovarian-cancer risk.

(continued) M.D., assistant professor at the University of Kentucky Medical Center, in Lexington. Among thirteen hundred women screened at the medical center, two cases of early-stage ovarian cancer were found and successfully treated. That's a "significant reduction in mortality" among women screened so far, says Kentucky's John R. van Nagell, M.D., director of the division of gynecologic oncology.

Transvaginal ultrasound may be used for screening all women over fifty-five as well as younger women with a family history of the disease if a proposed multi-institutional study, involving over one hundred thousand women, confirms the smaller studies' results, says van Nagell. The technique's main drawback is that it cannot always distinguish a benign from a malignant tumor. Doctors can supplement the ultrasound with other exams. These include transvaginal color flow Doppler imaging, which can detect new blood vessels that develop to nourish a tumor, and a blood test for CA-125, a protein that sometimes indicates the presence of ovarian cancer. Abdominal surgery may ultimately be necessary to assess the growth.

New hope from trees

Over the past several years, there has been tremendous excitement about a drug called taxol, made from the bark of Pacific yew trees. Although so far it's being used experimentally primarily among women whose cancer has failed to respond to other types of chemotherapy or has recurred, taxol has shrunk ovarian tumors when all else has failed and is also showing promise for lung and breast cancer. (The NCI will soon begin a program to distribute taxol to women whose breast cancer has not responded to other treatments.) To date, taxol has been effective for only about 25 percent of the ovarian-cancer patients treated. And even in these cases, the disease usually returns because it was so far advanced when the drug was administered. Researchers are now investigating the possibility that higher doses of taxol are more potent against cancer than amounts used in the past.

Further studies are needed to determine whether using taxol as a first line of defense may also increase survival odds. Unfortunately, the drug is in short supply; it takes the bark from three trees to produce enough medication for a single patient. To overcome that hurdle, Taxotere, a related substance produced by chemically altering a compound extracted from the abundant needles of the European yew, is being tested at medical centers here and abroad. Meanwhile, other scientists are trying to synthesize taxol in the lab.

COLON CANCER

Colon cancer ranks third (after lung and breast) among cancer killers. This year, seventy-seven thousand women will develop the disease; over twenty-nine thousand will die.

The secrets of the genes

Doctors have long recognized that some types of colon cancer are hereditary. Now they know why. Last year, researchers at Johns Hopkins University, in Baltimore, Maryland, and the University of Utah nailed the gene, adenomatous polyposis coli (APC), responsible for a rare form of colon cancer, familial polyposis (FAP).

Since that breakthrough, Bert Vogelstein, M.D., head of the Johns Hopkins research team, has also found APC among people with more common forms of colon cancer. Their genetic alterations are set in motion by environmental factors (possibly chemicals, radiation, diet or the effects of aging).

While a flaw in APC is the crucial first step on the road to colon cancer, damage to other genes must occur for the disease to flourish. Vogelstein's team has already learned, for instance, that mutations in the p53 gene turn growths from benign to malignant, and that abnormalities must develop in two other genes—called DCC and RAS—to accelerate the process.

Families prone to FAP can be tested for the mutated APC gene. If they carry it, all they can do to prevent colon cancer from striking is to have the organ removed.

Meat, fiber, and aspirin

Aside from family history, risks for colon cancer include a bout with breast or ovarian cancer or a history of ulcers in the lining of the large intestine (ulcerative colitis).

Evidence from observations of certain population groups suggests that high-fat diets increase colon-cancer risk, and a study from Brigham and *(continued)*

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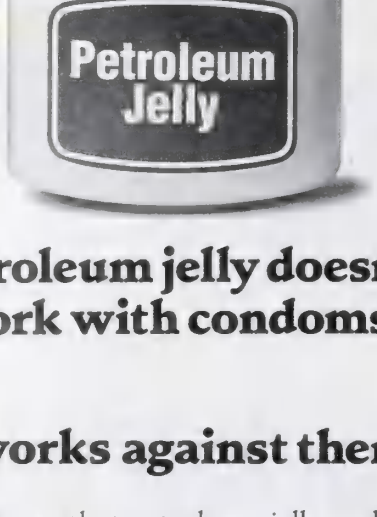


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(continued) Women's Hospital, in Boston, shows that the chance of developing the disease is two and a half times higher than normal among women who eat red meat daily. The ACS recommends reducing daily fat intake to 30 percent or less of daily calories as a preventive for many types of cancer.

Research also indicates that diets high in fiber may be protective. The NCI recommends consuming 20 to 30 grams of fiber per day, about double the amount an average American adult eats. Fiber—the indigestible residue of grains, fruits and vegetables—may fend off cancer by diluting the contents of the colon and reducing contact between carcinogens and the colon's inner lining.

The newest candidate for colon-cancer protection is aspirin. Late last year, ACS researchers discovered that the risk of colon-cancer death among people who take aspirin four times per week is about 40 percent of that of those who do not use the drug regularly.

Detecting disease

If Vogelstein's genetic test for co cancer fulfills its promise, curr screening methods will become ob lete. One of these, analysis of a st sample (the fecal occult blood te "misses more cancer than it finds," s Charles G. Moertel, M.D., an onco gist at the Mayo Clinic in Roches Minnesota, because it cannot pick cancers that don't cause bleeding, its accuracy may be thrown off blood from other sources.

On a more positive note, a rec evaluation of the flexible sigmoi scope, used to view the lower end the colon, where most cancers devel showed that periodic exams might p vent 30 percent of all colon-can deaths. Better yet, the researchers fr the Kaiser Permanente Medical C Program, in Oakland, California, a the University of Washington show that cancer could be detected ea enough to save lives by having the only once every ten years.

Two other tests—a colon X-ray a colonoscopy—can accurately fi colon cancer. But these are genera reserved for diagnosis when sym toms (rectal bleeding, a change bowel habits, recurrent abdomi cramps or pain, unexplained anem and/or weight loss) occur.

Saving more lives

Most often early colon cancer is cu with surgery alone. However, when disease is more advanced, chem therapy is also used to destroy any maining cancer cells. This y Moertel reported on a major adva in this area; final results of a multi-stitutional study showed that a com nation of two anticancer drugs redu the rate of recurrence by 41 perc among patients whose colon can had spread to nearby lymph nodes.

The effectiveness of the drug co bination has cheered colon-can specialists. "For a long time, this wa dreadful field to work in," says Mo tel. "Now we can help patients to l longer and have a better life."

Paula Dranov is co-author of the bo "Breast Cancer and Ovarian Cancer: Be ing the Odds" (Addison-Wesley, 1992).


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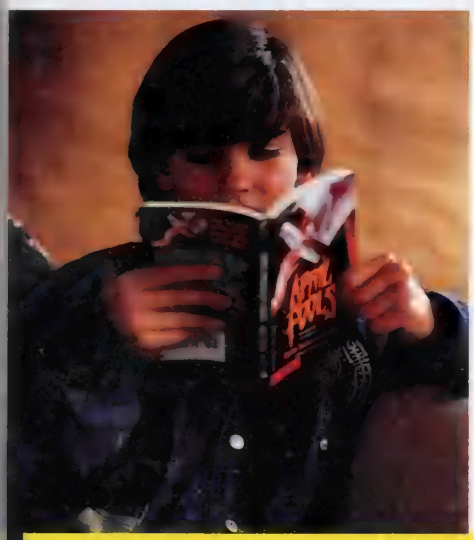
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Tales from the Crypt

SALES ARE SOARING WHILE PARENTS FRET: SHOULD KIDS BE READING THESE CREEPY BOOKS?

Horror novels are hot with young readers. These pseudo–Stephen King thrillers are packed with murder, mystery and mayhem—and sales are booming.



"She just knelt right in front of me, kind of like a sacrifice. I brought the bat down on her head quickly. The wood cracked—so did her skull . . ."**

Just what makes them so compelling? In part, says Lawrence Balter, Ph.D., child psychologist and author of *Who's In Control? Dr. Balter's Guide to Discipline Without Combat* (Poseidon Press, 1989), reading horror novels is one way for kids to enjoy the excitement of being scared while still feeling in control.

Another reason these books are so popular, says Lenore C. Terr, M.D., a child psychiatrist and author of *Too Scared To Cry* (Basic Books, 1990), is that "naked aggression and naked terror are as compelling, in and of themselves, as sex. Kids want to feel a bit of that thrill without going all the way."

Although most of the horror books are targeted to ages twelve and up, Jim Duffy, senior buyer at Waldenbooks, notes that even younger readers find them fascinating. In fact, Scholastic, Inc., recently launched "Goosebumps" for ages eight through twelve. These stories thrill, but none of the characters will die.

"A hand. A bloody, quivering hand . . . crept out from behind the toppled school desk, crawling like a crippled spider toward the gun . . . closer and closer . . ."*

That's not usually the case. In *Kill the Teacher's Pet*, by Joseph Locke (Bantam Starfire, 1991), for example, one "good guy" is knifed in the back by a psychotic teacher while a kidnapped student watches.

There's nothing new about scary stories for kids—after all, the witch does plan to *cook* Hansel and Gretel. Even so, many parents are anxious. Not to worry, says Balter. "I don't think parents need to be concerned unless the child reads nothing else and has no other interests or unless the child seems anxious or starts having nightmares."

Still, if your first instinct is to ban the books, don't do it; kids will simply read on the sly. Your best bet? Read a few of them yourself and then discuss them with your kids, says Terr.

Also, keep in mind that horror books have an advantage over horror movies: The terror is less realistic on the printed page than it is on a full-color movie screen. Plus, books force kids to use their reading skills; movies require only passive participation.

—SHARLENE KING JOHNSON

*KILL THE TEACHER'S PET, by Joseph Locke (Bantam Starfire, 1991). **DIE SOFTLY, by Christopher Pike (Archway Paperbacks, 1991).

kidspeak

My son's music teacher was teaching the class that whole notes have four beats. "So how many beats would a quarter note have?" she asked. Jason proudly responded, "Twenty-five!"

—Joan Racanelli
Glendale, AZ

Each time my five-year-old dialed my sister's number, she made a mistake and got a recorded message, telling her to try again. Finally, she laid down the phone, looked at me and said, "I'm just going to wait until the operator goes home before I try again!"

—Sandra J. Buerk
St. Mary's, PA

My son's second-grade teacher gave each student the start of a cliché to complete. Jonathan wrote: "People who live in glass houses . . . don't go to the bathroom!"

—Diane Charles
Naperville, IL

THE CHORE WARS

SEVEN WAYS TO GET KIDS TO PITCH IN. BY LAWRENCE BALTER, PH.D.

I said I'd do it," your ten-year-old growls. "Why do you have to keep on asking me?" You *think* you're simply offering your son or daughter a gentle reminder to live up to an agreed-upon chore, and you're met with a surly response that makes you feel like a world-class shrew.

As adults, we know that chores must be done to keep the household running smoothly. But toddlers and preschoolers aren't capable of making such a basic deduction. Fundamentally egocentric, they assume things will automatically work out for them. Breakfast is always on the table, shoes are always in good repair, and the purple socks are always ready to be worn.

Older children aren't necessarily much better. "You *knew* I needed to have my football jersey ready for today's game," your twelve-year-old barks, as if you were part of an organized conspiracy to embarrass him.

Getting children to pitch in at home is, in one sense, a basic parental duty. Children need practice organizing and maintaining the things that are important to them. They also need to do their share as members of a family. And, they have to learn to be responsible for themselves.

Even small children can do chores around the house. In fact, the preschool years are the ideal time to begin. Of course, tasks must be appropriate, and your expectations must be in line with their developmental abilities. Setting the table, sorting laundry and putting away toys are all manageable for children this age.



For school-age kids, expand the list according to their increased abilities, but don't overburden them. Washing dishes or putting them in the dishwasher; clearing the table; putting away clean dishes; making their own bed; feeding a pet; walking the dog; sweeping, vacuuming, raking the yard or watering houseplants are appropriate and important for children this age.

Teenagers can do just about everything an adult is capable of doing around the house. If both parents work, a teen might be responsible for his own laundry and ironing. They can also be expected to help out with the cooking.

Is it possible to counteract opposition and motivate children to cooperate? Yes—but remember that they have commitments besides household duties: Homework, extracurricular activities and their social lives are also vital to their development. Keep this in mind while you also:

1. Have periodic family meetings to discuss chores and to establish punishments for not doing them. Begin by asking them to state all the jobs they think need to be performed. Most kids don't realize how many details are involved in running a household. Offer them an opportunity to choose their jobs or to switch tasks with each other.
2. Make a specific plan with precise instructions. A general statement such as "clean your room" isn't effective because it's too vague. Better: "Please make your bed and put your toys in the cupboard."
3. Eliminate potential impediments to getting the job done. Do your kids throw their clothes all over? Provide laundry bags or plastic hampers.
4. Remember that a teen's room is his personal fiefdom. For adolescents a messy room

(continued on page 122)



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(continued from page 118)

may represent any number of things—a sign of rebellion, a statement of individuality, a unique system of organization or simply laziness. For most, it's a phase that will be outgrown. Bear with it and be grateful for even the small attempts they make.

5. Keep a schedule of chores. A chart—prominently displayed—specifying each family member's name, chore, and the day and time it's to be carried out is a simple but important device.

When scheduling chores, guide your children to select times that maximize the likelihood of that chore's actually being accomplished. For instance, it is best to expect the dishes to be put away before making phone calls, watching TV or going out; the toys should be put away before bath time.



6. Don't forget a reward. While chores are part of being a responsible family member, children's work should never be taken for granted. A "thank you" is always necessary. Pats on the back, hugs and kisses are known as *social rewards*, as opposed to *tangible rewards*, which are more directly related to the particular task. If your teenager washes your car, a tangible reward would be to let her borrow it.

The use of money as a reward is a mixed bag. Children are part of a family, not employees. It's also best not to tie their chores to an allowance; children need their own spending money. You might, however, pay for jobs that are out of the ordinary. The goal: to avoid the perception that one only helps out if there is a monetary payoff.

7. Don't do it yourself, don't redo it and don't be overly critical. Instead, make some suggestions about how she might do it more quickly and efficiently next time—for her sake.

In the long run, children should come to realize that they are capable and self-sufficient human beings who have something valuable to contribute, and that work can be a source of satisfaction. In the short run, however, it would be nice if they would occasionally put away their bicycles before coming in for dinner.

PARENT'S DIGEST

Good news for parents! Another issue of *Parent's Digest* is on newsstands now. *Parent's Digest* is the only magazine with excerpts from books, journals, TV and videos–all the child-rearing information you need right now, in one indispensable guide.

"YOU CAN'T MAKE ME!"

Since household duties are not usually fun—and, in many cases, are downright drudgery—expect your child to launch some creative efforts to avoid responsibility. One of the most popular: claiming or demonstrating incompetence. In this scenario, a child may purposely do an inadequate job in the hope that she won't be asked to do it again. Another favorite tactic is what psychologists call passive resistance. *Modus operandi*: They placate you, but they just never seem to get around to actually doing what they're supposed to do.

A more direct approach to chore avoidance is simply to argue their way out of it. Somewhat more creative are the negotiators who engage in lengthy discussions and counteroffers. When all else fails, many children fall back on tried-and-true strategies—whining and crying, snarling and flouncing.

What if the answer is no? If kids are included in the decision-making as well as in devising rules for failure to comply, a good deal of strife can be avoided.

Don't resort to threats. First, try reasoning. Point out the natural consequences of not following through. It is preferable to point out that it would be inconsiderate to the family dog if she were not walked or fed on time. Most children are responsive to appeals to their sense of fair play. If that doesn't work, it's time to remind them of the punishment they agreed to in your family meeting. —L.B.

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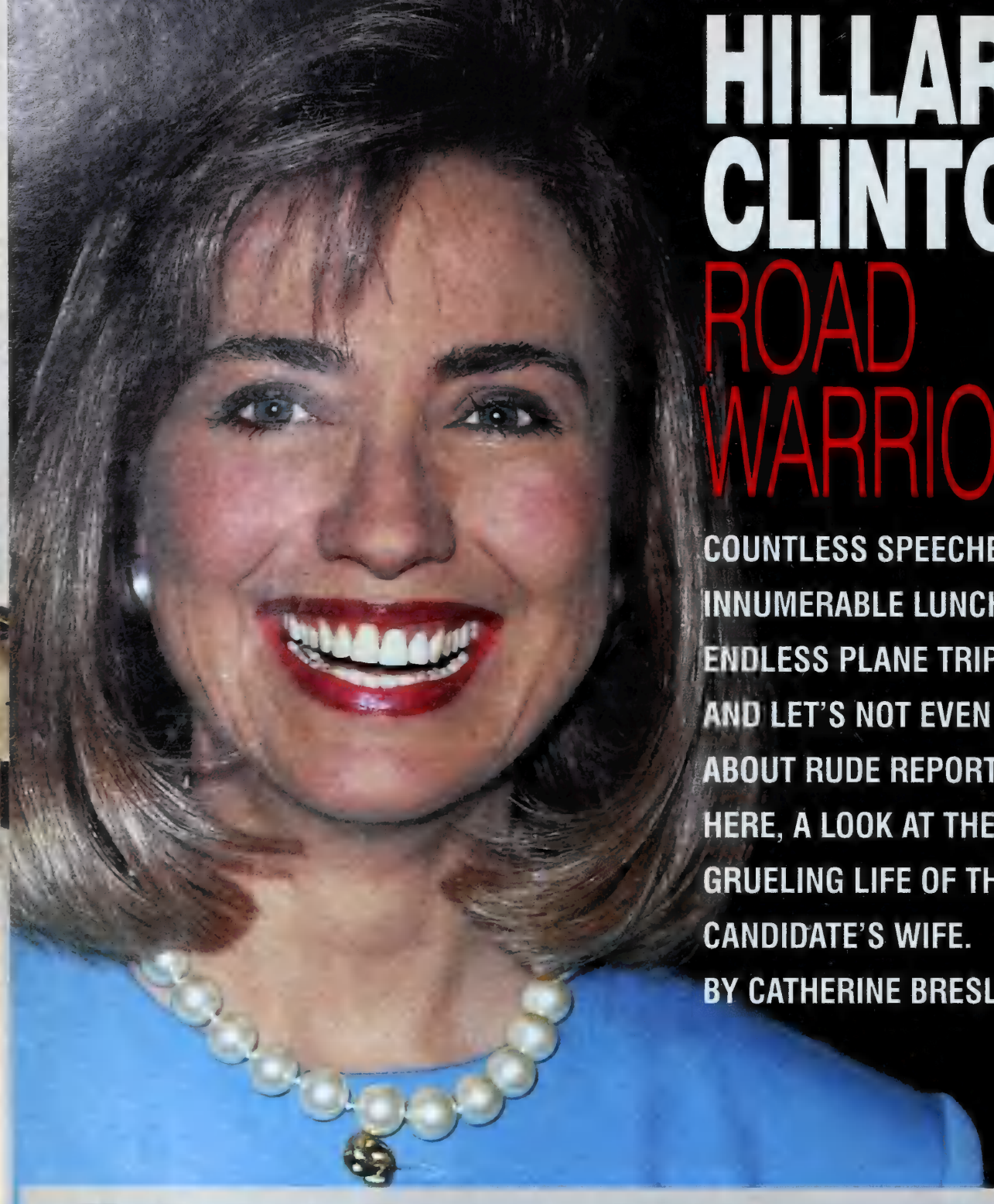
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WHO SHOULD BE FIRST LADY?

IN THIS PRESIDENTIAL ELECTION, IT SEEMS THE CANDIDATES' WIVES HAVE ATTRACTED ALMOST AS MUCH ATTENTION AS THE CANDIDATES THEMSELVES. SO WHO'S BETTER SUITED FOR THE JOB OF FIRST LADY? HERE'S A BEHIND-THE-SCENES LOOK AT HILLARY CLINTON AND BARBARA BUSH ON THE CAMPAIGN TRAIL. PLUS, YOUR CHANCE TO TELL US WHO *YOU* WANT TO BE THE NEXT WOMAN IN THE WHITE HOUSE (TO VOTE, TURN TO PAGE 194)



HILLARY CLINTON ROAD WARRIOR

COUNTLESS SPEECHES. INNUMERABLE LUNCHES. ENDLESS PLANE TRIPS. AND LET'S NOT EVEN TALK ABOUT RUDE REPORTERS. HERE, A LOOK AT THE GRUELING LIFE OF THE CANDIDATE'S WIFE.

BY CATHERINE BRESLIN

As Hillary Clinton's entourage leaves a New York fund-raiser, the elevator stops for a man in a leather bomber jacket. "Oh, go on," the man says. "It's too full." The doors close. Hillary's advance man says excitedly, "That's Harrison Ford!"

"Hey, go back up and get him," says Hillary, a self-confessed movie addict who has been known, even in the midst of this hectic campaign, to sneak away to the nearest theater. "I want to find out if we went to the same high school."

She lingers in the building lobby, eager but joking that Ford might think "we're just a bunch of groupies." Finally, the actor strolls into view. Hillary sticks out her hand and introduces herself.

Sure enough, they went to the same high school, in Park Ridge, Illinois. They compare graduating years: 1960 for him, 1965 for her. "It's obvious," Ford says, smiling tactfully, "I'm much older than

(continued on page 189)



BARBARA BUSH
THE FINAL BATTLE

SHE'S ALWAYS BEEN SAVVY, BUT HAS BEING FIRST LADY MADE HER EVEN TOUGHER? A LOOK AT THE PERFECT POLITICAL WIFE AS SHE HELPS FIGHT HER HUSBAND'S LAST—AND MOST DIFFICULT—CAMPAIGN. BY DIANA McLELLAN

George Bush strolled into a room where Barbara sat petting the dog and urged his new acquaintance to follow: "Hey, come on in! I want you to meet the love of my life . . . "Here, Ranger!"

Barbara Bush laughs when she tells the tale to a small group at lunch. "Humor," she says firmly, when anyone asks the secret of the forty-seven-year Bush marriage.

And it's humor that's getting her through what she calls—rather happily—"George's last campaign." To help her husband get re-elected, Barbara is in the midst of a marathon campaign swing through more than sixty cities.

"She's our biggest draw," confides a Bush staffer. "Just twenty-three of her recent seventy-two campaign events raised over $2.7 million. They love her humor."

On the stump, she knows how to please a crowd. She'll quote a letter from a child: "Tell Mr. President not to be embarrassed that he threw up on national TV. I once threw up on my dog. Love, Jennifer." She'll talk about the guest who sat on the table

(continued on page 192)

Kathie Lee's

Kathie Lee Gifford had thought seriously of canceling this interview. Some recent unflattering publicity—she's too eager for approval, reports have claimed, too desperate for love, too good to be believed, definitely too cheery—had thrown a pall over that much-vaunted perkiness.

But she did promise. So, after changing from the navy-and-white suit she wore for co-hosting *Live with Regis & Kathie Lee* to a more comfortable cream-colored blouse and stirrup pants, after moaning into the mirror about how bad she looks and calling home to check on her two-and-a-half-year-old son, Cody—"Is he doing okay, Christine?" she asks the nanny. "Give him a big smooch for me."—Kathie Lee is going ahead as planned. But the tone, at least initially, is hesitant, the smile set to a lower-than-usual wattage, the words a bit guarded.

Ultimately, though, Kathie Lee just can't help being Kathie Lee, so she eagerly urges a visitor to get comfortable and move the pillows crowding the sofa in her dressing room—"I have a fetish for pillows," she says—and offers coffee, tea, orange juice. "I'm scared," she confesses as she looks at the tape recorder and reporter's notebook. "This is not a good day."

It is a sufficiently bad day that Kathie Lee, thirty-nine, is semi-seriously considering a permanent retreat to the expansive Greenwich, Connecticut, estate she shares with Cody and her husband, Frank Gifford, sixty-two, the veteran *Monday Night Football* commentator. "Who needs this?" she demands. "I have a great husband and a terrific little boy. Sometimes it gets to the point that I think about giving up the business and going home to them."

Give up show business? And what would Slim-Fast, Carnival Cruise Lines, the National Home Furnishings Council and Revlon's Charles of the Ritz Timeless Essence do if their highly effective pitchwoman gave them the heave-ho? What about the myriad fans of the top-rated talk show *Live with Regis & Kathie Lee*, who tune in daily to hear the hosts—without pause,

(continued on page 198)





greatest hits

LIKE THE CLASSIC BIG-BAND SINGERS, KATHIE LEE ACCENTUATES THE POSITIVE. AND WHY NOT? WITH ALL HER SUCCESSES, SHE SAYS SHE HAS NO RIGHT TO SING THE BLUES.

BY JOANNE KAUFMAN

THE LITTLE GIRL IN THE WELL

FIVE YEARS AGO, JESSICA McCLURE PLUNGED DOWN A DARK HOLE IN MIDLAND, TEXAS, AND REMAINED THERE FOR FIFTY-EIGHT TERRIFYING HOURS WHILE A NATION HELD ITS COLLECTIVE BREATH. NOW, SHE AND HER MOTHER HAVE PUT THAT TIME BEHIND THEM. YET SOME PAINFUL AND PERSISTENT SCARS STILL LINGER. BY KATHRYN CASEY



"Come watch me," says Jessica McClure, grabbing a visitor by the hand and leading her into her kingdom, a pink and white bedroom filled with clowns, stuffed animals and a bed decorated with hearts. Dressed in a lavender top and raspberry leggings, she slides onto the back of her wooden horse, and with all the confidence of a precocious six-year-old, rocks and counts by fives. "Five, ten, fifteen . . . one hundred! I can count by tens, too," she says, her grin revealing a gap where she's just lost her first teeth. "Wanna hear me?"

Not long ago, in the years following her rescue from a well in which she was trapped twenty-two feet beneath the surface, Jessica found it difficult to stay in this room: On a typical night, beset by frightening memories, she cried herself to sleep. Then she suffered nightmares, calling out "No!" and "Don't!" Finally, she sought refuge in her parents' bed.

That terrified toddler bears no resemblance to the bubbly and self-assured first grader Jessica is today. "It took a couple of years before she didn't need me quite so much," says Jessica's mother, Cissy, twenty-three, curled up on the couch in their home outside Midland, Texas. "Now she wants to be Little Miss Independent. She's a normal six-year-old, and she thinks she can do it all."

Nevertheless, the five years since her rescue have not been without turmoil: Jessica has endured her parents' divorce, as well as continued surgeries to repair the physical injuries of her fall. And for Cissy, the pain has been more than skin deep. Although happily remarried, she is haunted by the sorrow, grief and guilt any mother would feel when she leaves her child unattended, even briefly, and in the blink of an eye a tragic accident changes their lives forever.

On October 14, 1987, the little girl, then eight months old, left alone for a few minutes by her mother in her aunt's backyard, dangled her feet over a small, eight-inch-wide well. As she tried to stand up again, she plunged into the darkness.



MILLIONS WATCHED JESSICA'S RESCUE IN OCTOBER 1987



A SMILING BABY JESSICA AFTER HER ORDEAL (ABOVE) AND TODAY, FIVE YEARS LATER. ONLY A FEW PHYSICAL MARKS REMAIN AS A REMINDER OF THE HOURS IN THE WELL

All of Midland pulled gether to free Jessica om what could have been premature grave. Res- ers drilled a twenty-nine- ot vertical shaft parallel the well and then bored five-foot-long horizontal nnel through solid rock to reach her. The story was so dramatic, and Jessica's cries from the depth of the well so heartbreaking, that the rescue drew international attention.

Possibly due to her age at the time of the accident, Jessica appears emotionally unscathed by those long hours alone in the well, when she cried and sang "Winnie-the-Pooh" and "Jesus Loves Me" for comfort. In fact, the little girl says she has no memory of her accident: When the family watched a 1989 TV movie depicting the rescue, Cissy says she had to convince Jessica the story was about her. "She kept saying, 'Are they going to get that little girl out, Mama?' " she says. "I had to keep explaining, 'Yes, honey, that little girl is you, *(continued)*



CISSY AND HER "BEAUTIFUL, HAPPY CHILD"

(continued) and they did get you out.' "

And although Jessica has occasional nightmares, she says they're strictly the monster-in-the-closet variety.

Painful reminders

The physical signs of the accident are still in evidence. Thanks to continued surgeries, the scar on Jessica's forehead, caused by rubbing her head against the well's rocky wall, has become less noticeable. But another scar, a half-dollar-size bald spot just above the nape of her neck, remains sharply visible.

Surgeons eventually had to amputate the little toe on her right foot, which had been crushed in the well; the skin grafts they used saved the rest of her foot from gangrene.

But though Jessica's injuries have healed, Cissy has found it difficult to forget the pain and uncertainty of the ordeal and its hurtful aftermath. She and her husband, Chip, were just eighteen at the time, little more than children themselves. And though Midland supported the young couple, since then there has been something of a backlash against them.

The McClures, it was rumored, were spending money sent by well-wishers that was meant for their daughter. In fact, the bulk of Jessica's money, at the time an estimated $700,000, is in a trust fund governed by a board of directors and will not be available to her until she is twenty-five. Neither of the McClures can withdraw from the account except to pay for their daughter's medical and school expenses.

It is true, however, that Cissy and Chip managed to work their way through money that came directly to them. Although she won't comment on the total they received, Cissy admits it was substantial.

Another rumor—that the McClures had a troubled marriage—proved true also: The couple filed for divorce in March 1990. Although Cissy refuses to talk about what led to the breakup, court records reflect the family's turmoil. Each party cited irreconcilable differences and filed petitions asking the court to bar the other from communicating in a vulgar and obscene manner, and from kidnapping Jessica.

Cissy admits that the divorce was more painful because it was so public, but she rejects any suggestion that the breakup was caused by the pressures of fame. "I think the reason we got divorced is because we married so young," she says. Though their relationship was strained at first, Chip and Cissy are trying to get along for Jessica's sake: "We can still talk," Cissy says.

For Jessica, those were tough times, but Cissy says her daughter fared pretty well. "She misses her father, but she gets to see him a lot." Chip, who remarried last year, sees Jessica regularly. "Little girls," Cissy says possessively, "really need their mamas."

While watching a TV movie about the rescue, Cissy had to convince her daughter the story was about her. "Jessica kept saying, 'Are they going to get that little girl out?' "

A new love

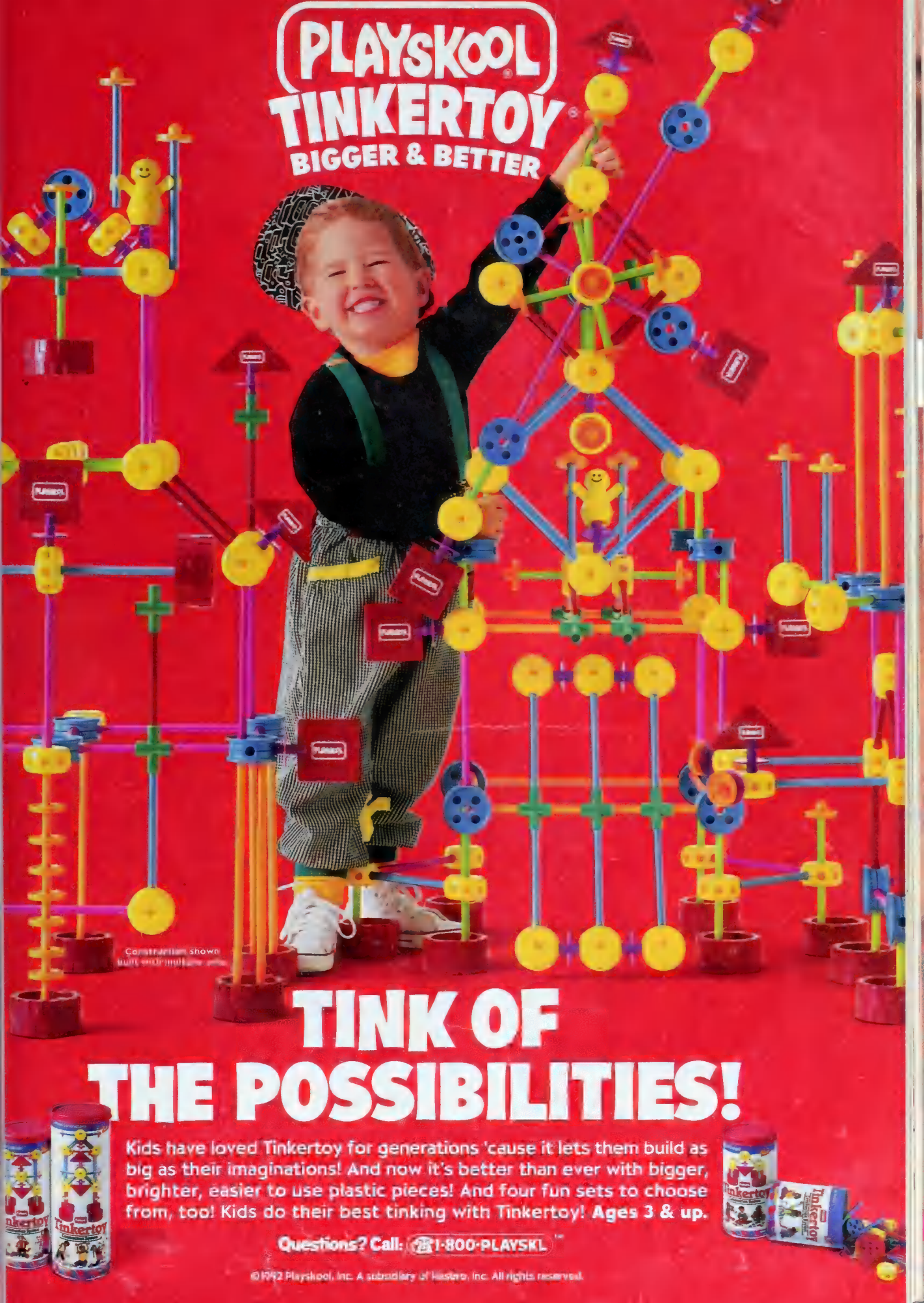
Just after filing for her divorce, Cissy ran into an old acquaintance after Sunday church services. Tim Porter, then twenty-seven, was a divorced oil-rig worker with a casual manner and a penchant for cowboy hats and jeans. The two soon began dating—and were married five months later, in August 1990. "I guess if you know it's right, you'd better get right into it," Cissy says, laughing.

Although finances are tight for the family, Cissy is not looking for work. "Someday I'd like to get a secretarial job," she says. "But right now I want to be here for Jessica."

Jessica's mom also proudly cheers her daughter on at T-ball, and watches her practice swimming and gymnastics. "I'm kind of overprotective," she says ruefully. "Poor kid, she's going to be a teenager and I'll go on dates with her."

Someday Jessica will be a very wealthy young woman, and Cissy admits her daughter's celebrity may make it difficult for her ever to live a completely normal life. Yet she says she's not worried. "She'll have to deal with that when she comes to it," Cissy says, adding with a catch in her voice, "I'm just happy she's turned out to be a beautiful, happy child. I want her to have everything she wants out of life—because she deserves it." ■

Kathryn Casey is a contributing editor to Ladies' Home Journal.


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America's 50 TOP hairstylists

We asked hair-care professionals for the inside scoop on the best stylists in the country. Then we interviewed the winners to get answers to your toughest hair problems. Here, great tips and tricks from the best in the business, plus an indispensable list of top salons

BY LOIS JOY JOHNSON
BEAUTY AND FASHION DIRECTOR



THE

How do I decide on the best cut for me? I've had so many disasters!

My philosophy is to create a cut based on a person's face—I accentuate positive features, divert attention from negative features. A haircut can change your entire face simply by having more volume in different places—I can structure the cut with layers so the focus is on beautiful eyes or a sensuous mouth. If you want to focus attention away from a prominent feature, such as a very strong jawline, I would create width above the jaw, at eye level, probably with bangs. So my advice is: Before you go for a new cut, look at yourself and decide what your best features are and what you want to hide. Then talk it over with your hairdresser. I think a great cut offers a more dramatic makeover than plastic surgery. —Cristophe, Cristophe Salon, Beverly Hills





CUT



I just got a really short, really bad haircut, and I'm embarrassed to leave my house! Is there any way to fix it?
Even though the last thing you want to do is get it cut again, you'll have to. There's virtually no haircut that can't be corrected. I consider a bad haircut one that isn't blended or one with lines that don't flow correctly. You can try to work with gels and sprays to form the style into something that looks better on you, but I'd try to get to a hairstylist as soon as possible. Ask your friends where they go for great haircuts. Believe it or not, sometimes having a stylist fix a botched cut will force you into a style you'd never have the guts to try. I've had that happen. Clients come in with horrendous cuts, and I've had to cut them shorter or blend the hair some way, and they loved it. You should always try to turn a negative into a positive—and a good stylist can do that.—Edward Tricomi, Warren-Tricomi Salon, NYC

I'm turning forty. Do I *have* to give up my long hair?
As long as a woman is fit and slim and her hair is in good condition (but not baby-fine), she can wear long hair no matter how old she is. The style should be almost all one length—the only layering I'd do is to bevel the ends slightly for bounce. Gray hair, however, is a different story. If you want long hair and your hair is gray, color it. Gray makes everyone look older. You don't need to cover it completely, just camouflage the gray with highlights or lowlights.—Yosh Toya, Yosh for Hair, San Francisco

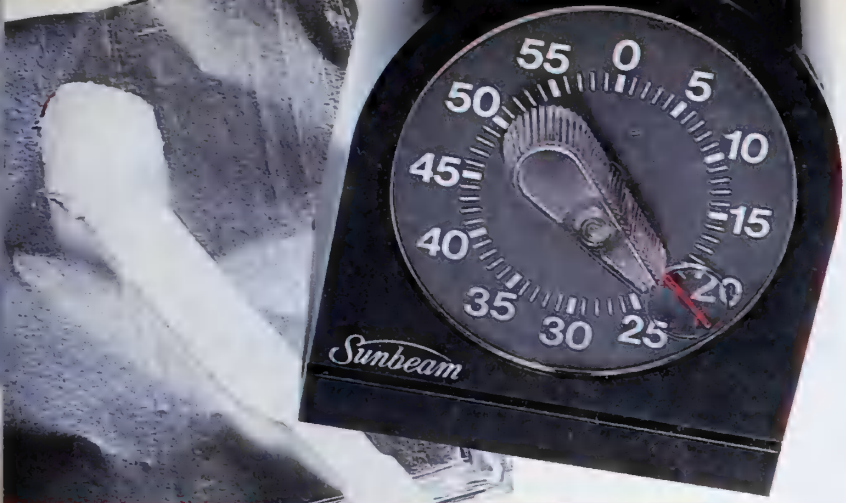
I'm ready for the works—color and a perm. Which should I do first?
Get the perm first and wait a month to do the color so your hair can get back more of its natural texture. If you've already colored your hair and you want to get a perm, do the perm midway between color touch-ups. For instance, if you have monthly retouches, schedule the the perm for two weeks after the retouch. To avoid overprocessing, there are guidelines: If your *(continued)*



How do I get highlights that look natural?

Highlights will look like painted stripes if they have no relation to your natural color—and unnatural highlights will age you instantly. The most common mistake brunets make is adding blond highlights; brunets should add deeper highlights like amber or auburn. Blonds often go too light, too—they should create a natural contrast with gold-tone highlights. I find that redheads don't want highlights—they just want to keep their hair vibrant. I like golden highlights on lighter redheads for a strawberry-blond look. Tip: If you're highlighting hair that already has a semi-permanent color, the highlights will appear even lighter.

—Louis Licari, The Louis Licari Color Group, NYC



THE COLOR

(continued) hair is chin-length or longer with permanent color or highlights, get only one perm a year. If you have short, color-treated hair (three to four inches long), you can have two perms a year, because you're getting the ends trimmed more often. It's important not to perm color-treated hair too often, because a perm contains ammonia, which lightens the hair. Hair color, in turn, loosens a perm. So you have to keep the two processes balanced. To keep permed, color-treated hair in good condition, use mild, low pH (4.5 to 5.5) shampoos and conditioners that are formulated for color-treated hair.—Leland Hirsch, Nubest & Co., Manhassett, New York

Is there a certain style that will make me look younger?

The most important thing a woman should remember as she gets older is to continue to update her hairstyle. As you age, your face matures and changes and your hair doesn't have the same bounce, weight or texture. So the same old style won't work.



For a younger look, I always recommend an above-the-shoulders bob—anywhere from mid-neck to chin-length. The style should be full on top with slightly layered, angled sides and a bit shorter and slightly angled in back. You can add bangs for softness, but be sure they're blended in with the top. The whole look should be soft and blended. As for color, avoid that very highlighted blond look with solid blond ends and streaky roots. Instead, add contrast with lowlights so hair looks rich and shiny. —Frederic Fekkai, the Frederic Fekkai Beauty Center at Bergdorf Goodman, NYC

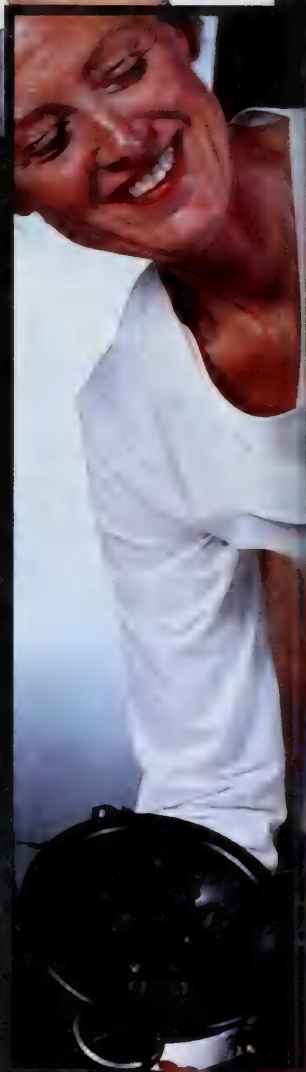
I use hot rollers or a curling iron every day. Am I ruining my hair?

Not if you're using them correctly. Curling irons and hot rollers can damage the hair by snagging the ends and causing them to break. (Tip: When your ends are frizzy, it's a sign that they're split and damaged.) When *(continued)*

PERM HELP







How can I keep my perm looking fresh and healthy, not dry and crispy?

My secret is using a light conditioner after shampooing—and not rinsing it out. Don't use the products labeled "leave in"—you want the regular, instant conditioners. You get wonderful results with permed hair when you *don't* rinse out these products. Gently work the conditioner into your hair, then towel dry. You can do this every day. The best styling aid for a very curly perm is a gel. Apply it only where you need it—usually just at the roots—while hair is still damp. Never, ever, blow-dry, brush or comb a perm—you'll break up the curl and create frizz. You can diffuser-dry for added volume. Get regular trims to keep the ends in shape, and whenever you're in the sun, use a high SPF sunscreen for hair.

—Marianne Strokirk, Marianne Strokirk Salon, Chicago



All photos, Marco Franchina, clips and dryer, Tohru Nakamura

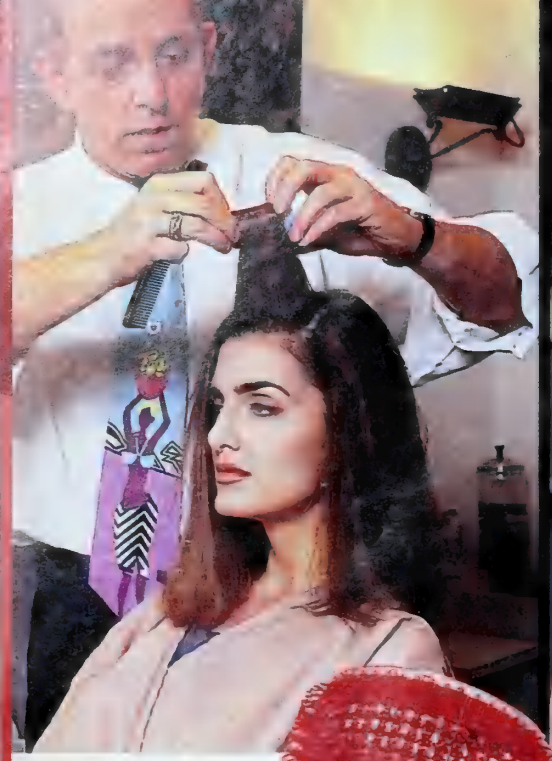
(continued) using a curling iron, keep it on a low heat setting and carefully curl thick sections of hair, not thin. When using rollers, wrap the ends of your hair in end papers (available at beauty-supply shops) or small pieces of tissue paper before rolling to protect them. The best rollers to use are the new Velcro rollers, which will add volume and wave to the hair without the potential damage of heated styling tools.—Scott Cole, Scott Cole Salon, Atlanta

I have been coloring my brown hair blond for years, and I want to go back to being a brunet. How can I avoid that awful two-tone "growing in" look?

You have two options. The first is to gradually add dark blond/light brown lowlights (they're like highlights, except you're adding darker color instead of lighter color) so that in a matter of time (about three months, if you add the lowlights once a month) you'll be back to your natural shade. The second option is to use a semi-permanent color. Hair is divided into sections (two inches across and a quarter of an inch thick), which are then covered with conditioner and wrapped in foil from roots to ends. The semi-permanent color is worked through the hair. When the hair is rinsed out, the foil is removed and the hair is blended together with a bit more diluted color. The hair covered in foil will take only some color and will look like natural highlights.—Tony Nasti, Vintonio of Boca Salon, Boca Raton, Florida

How do I communicate with my hairdresser so I get the style I want?

There are five things you should discuss: ● If you're seeing a hairdresser for the first time, introduce yourself before you change into a robe so he can see what your personal style is. ● The hairdresser should give you a consultation while your hair is dry to see what the texture is like. ● Talk about your lifestyle: Do you work in a corporate environment? Are you a full-time mom? ● How much time are you willing to spend on your hair? This will determine your best cut, as well as the styling products and tools needed to maintain the look. ● Are you ready for a radical change? Let your *(continued)*





THE



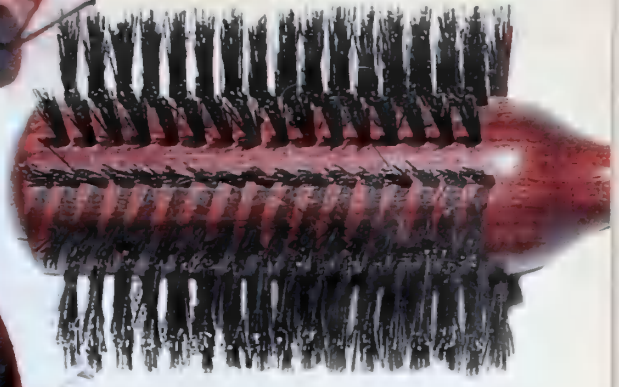




I want to start setting my hair, but how do I use rollers so the result is soft, not stiff?

Apply a light styling spritz (not a gel) while hair is damp, and when hair is 85 to 90 percent dry, roll with Velcro rollers. For a great set, take a section of hair, place the roller on the roots of the section and slide it down—like a brush—to the ends. Then roll. When you remove the rollers, gently unroll them. For a tousled look, remove the rollers, shake your head and gently run your fingers through your hair from roots to ends. Add a bit of styling spritz. For soft, bouncy curls, remove rollers, flip hair forward and brush (use one with wide-spaced bristles). Spritz on a styling spray; flip back. Brush to smooth. —Carey Carter and Mitchell Barnes, Carter Barnes Hair Artisans, Atlanta





(continued) hairdresser know what kind of mood you're in. Don't agree to do anything drastic unless you're prepared to accept the consequences.—Charles Ifergan, Charles Ifergan Salon, Chicago

My hair is beginning to thin on top. Is there any way to camouflage it?

Your best bet is a short, one-length blunt cut (earlobe length or shorter). With this style, you could have fifty percent less hair on top, and no one would know. The longer your hair is, the more weighted down it becomes, causing the scalp to peek through. Never layer the top—then there would be even less hair. Also, don't create a bouffant style—it will make thin hair see-through. —Rocco Altobelli, Rocco Altobelli Salon and Spa, Minneapolis, Minnesota

STYLE





I'm confused by styling products. Do I use a mousse, a gel or a product for shine?

There are a lot of products out there, and most people don't know how to use them properly. Mousse is for adding body and movement. Most people think mousse makes hair sticky; it does—if you put it all over your hair. Use a light, alcohol-free formula just around the hairline at the roots. The best one I've found is Clairol Professional Patterns Alcohol-Free Styling Mousse. For very fine hair, I use mousse in the front at the hairline and gel or sculpting lotion on the rest of the hair to give it some body. I like sculpting lotion or a really runny gel rather than a regular gel. The more liquid the product, the less sticky it is. I love KMS Sculpting Lotion. The only time I use a thick gel is for slicking hair *(continued)*

(continued) back into a wet look. I use a pump spray, La Force by KMS, on nearly dry hair before I set it in rollers and lock the style in with an aerosol spray when the rollers are removed. My favorite new product for all types of hair is Recovery Complex Spa Therapy by Bain de Terre. It's similar to the laminates and oil-based products that add shine, but it doesn't make hair greasy. It makes it easier to comb out tangles and provides protection from heat styling. All these products are applied after shampooing. Squeeze out as much water from hair as you can so the products don't become diluted.



—Jennifer Lawrence, The Louis Licari Color Group, NYC

When I dry my hair, the top layers get frizzy while underneath is shiny and smooth. What am I doing wrong?

The biggest problem people have when they blow-dry their hair is overdrying the top layers. Consequently, the top layers become damaged and the hair underneath is in really good shape. What you have to do is towel-dry hair; section off the top layers with clips and dry the rest on a medium heat setting. Always work from the scalp to the ends when brushing and blow-drying so you keep the cuticle smooth and maximize shine. The type of brush you use makes a difference, too. A Denman brush is best for styles like pageboys and bobs; a paddle brush (flat, rubber-based, with short, widely-spaced bristles) is good for blunt cuts and for straightening ends. Since the shape is flat, it can hold more hair. A boar-bristle round brush (circular barrel shape with mostly boar bristles and a small percentage of nylon or plastic bristles) is good for adding volume to any type of hair. This brush really grips the hair. A vent brush is great for adding texture to shorter hair; a Mason Pearson brush (oval-shaped rubber base with boar bristles reinforced with nylon. The nylon bristles extend a quarter inch past the boar bristles) is good for long hair but pricey—about $50. —Eric Fisher, Eric Fisher Salon, Wichita, Kansas

I'm thinking of getting a face-lift. Will the scars affect the way I wear my hair?

This is a good question, because hair doesn't grow back on scars. When we style the hair of a woman who has had a face-lift and has scars in front of the ears, we cut the hair to play softly around the face, using her bone structure as a guideline. If you like your hair short, consider a soft fringe at the hairline. And you don't want to lift the hair up or wear a ponytail. —Cal Dellaria, John Dellaria Salon, Boston

I want lots of volume and body. How can I get a *big* head of luxurious hair?

One way is to lift up the roots with a volumizing mousse after you shampoo and before you blow-dry. The trick to remember with styling aids is to put them on the roots, not the ends. Let your fingertips do the application. When you're drying straight hair, take a vent brush and lift the hair one and a half inches down from the roots in every direction without moving the brush down the length of hair. Aim the dryer at the roots. The trick is not to brush your hair too much while drying. If you have curly hair, use a diffuser attachment.—José Eber, José Eber, Beverly Hills

I have medium-length curly hair, and I love its tousled, wash-and-wear ease, but everyone seems to be wearing their hair set and finished lately. What can I do to make my hair look more polished without the hassle of setting it?

The easiest thing to do after washing and towel-drying is: Apply a setting gel while hair is damp. Next, part hair on one side and place three long hair clips along the long side of the part—one near the part, one at the temple and one at the jawline. Allow hair to dry completely; remove clips, brush it through once lightly and arrange hair with your fingers. You'll end up with a nice S-wave. For shine, work a dab of finishing cream through the hair. —Sally Hershberger, Arthur Johns Adjectives, Beverly Hills ■

THE TOP 50 HAIR SALONS

The search for a great hairstylist is over! LHJ checked out the best across the country. Prices range from:
CUT $15.50 TO $250 COLOR $22 TO $300 STYLE $10 TO $300

1. Vidal Sassoon
Scottsdale, AZ
602-949-3337
Stylist: Kendall Ong

2. Arthur Johns Adjectives
Beverly Hills, CA
310-855-0225
Stylist: Sally Hershberger

3. Cristophe Salon
Beverly Hills, CA
310-274-0851
Stylist: Cristophe

4. Dale International
Carlsbad, CA
619-720-9501
Stylist: Andrew Dale

5. Giuseppe Franco
Beverly Hills, CA
310-274-8967
Stylist: Giuseppe Franco

6. José Eber
Beverly Hills, CA
310-278-7646
Stylist: José Eber

7. Umberto
Beverly Hills, CA
310-274-6395
Stylist: Umberto Savone

8. Yosh for Hair
San Francisco, CA
415-989-7704
Stylist: Yosh Toya

9. Noelle The Day Spa
Stamford, CT
203-322-3445
Stylist: Shahin

10. Robin Weir and Co.
Washington, DC
202-861-0444
Stylist: Robin Weir

11. Lyons Salon
Miami, FL
305-595-3636
Stylist: Rocky Lyons

12. Vintonio of Boca
Boca Raton, FL
407-368-5059
Stylist: Tony Nasti

13. Yellow Strawberry
Fort Lauderdale, FL
305-463-4343
Stylist: Jesse L. Briggs

14. Carter Barnes Hair Artisans
Atlanta, GA
404-233-0047
Stylists: Carey Carter and Mitchell Barnes

15. Don Shaw Hairdressers
Atlanta, GA
404-393-8303
Stylist: Jim Shaw

16. Scott Cole Salon
Atlanta, GA
404-237-4970
Stylist: Scott Cole

17. Van Michael Salon
Atlanta, GA
404-237-4664
Stylists: Michael and Van Council

18. Paul Brown Salon
Honolulu, HI
808-947-3971
Stylist: Paul Brown

spectacular moment in nature by an award-winning artist!



Shown smaller than actual size of 8¼" diameter.

© Brown & Bigelow 1989

ettling In

by David Maass

numbered limited first edition collector plate trimmed in 23kt gold

id Maass is one of America's most re- ed waterfowl artists. Maass' work is so ely acclaimed that he has been named tist of the Year" by both *Ducks Unlimited* ional and the *Wildlife Heritage Founda- . Twice*, he has won the prestigious Fed- Duck Stamp competition.

Limited First Edition

w, in a work that utilizes all of his extraor- ary talents, Maass' spectacular "Settling appears on a porcelain plate.

Settling In" has *never before appeared on a ector plate*. Each numbered plate will be ompanied by a personalized Certificate of thenticity. The edition size will be limited maximum of 75 firing days. None will be offered by dealers; this First Edition is available exclusively through the Danbury Mint. Each plate will be trimmed with precious 23kt gold and the price is just $24.95.

No Obligation–No Risk

When you acquire "Settling In," you have our *Unconditional Guarantee*. You may return your plate for replacement or refund within 30 days.

Considering the popularity of David Maass' paintings and limited edition prints, we anticipate an unprecedented demand for this plate. To avoid disappointment, mail your reservation today!

the Danbury Mint

The Danbury Mint
47 Richards Avenue
P.O. Box 4900
Norwalk, CT 06857

Please Reply Promptly

Limit: two plates per collector.

Please accept my reservation for **"Settling In."** I wish to reserve ____ (1 or 2) plate(s). I need send no money now. I will pay for each plate in two convenient installments of $13.95* each, with the first billed prior to shipment.

*Includes $2.95 per plate for shipping and handling. Any applicable sales tax will be billed with shipment.

☐ Charge each plate in full upon shipment to my:
☐ VISA ☐ MasterCard ☐ Discover ☐ Am. Ex.

Credit Card No. _____ Exp. Date _____

Signature _____

Name _____
Please print clearly

Address _____

City _____

State _____ Zip _____

Name For Certificate(s) of Authenticity (if different from above)

DMP Allow 4 to 8 weeks after initial payment for shipment.

THE TOP 50 HAIR SALONS

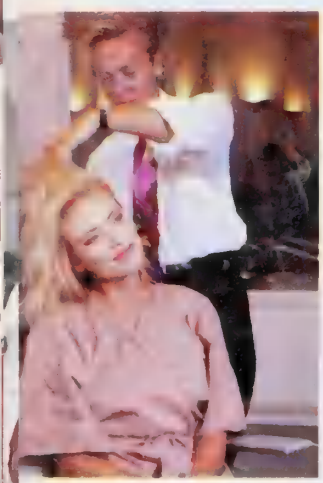
19. Charles Ifergan Salon
Chicago, IL
312-642-4484
Stylist: Charles Ifergan

20. Marianne Strokirk Salon
Chicago, IL
312-944-4428
Stylist: Marianne Strokirk

21. Eric Fisher Salon
Wichita, KS
316-681-0077
Stylist: Eric Fisher

22. John Jay Esthetic Salons, Inc.
New Orleans, LA
504-288-9003
Stylist: John Jay

23. Matthew John Hair
Portland, ME
207-772-5243



Stylist: Matthew Crawford

24. Carl Intercoiffure
Baltimore, MD
301-435-9400
Stylists: Willmar Sick and Howard Fong

25. John Dellaria Salon
Boston, MA
617-267-5100
Stylist: Cal Dellaria

26. Geneses
Chestnut Hill, MA
617-720-4555
Stylist: Connie Sullivan

27. Rocco Altobelli Salon and Spa
Minneapolis, MN
612-332-8005
Stylist: Rocco Altobelli

28. Horst Salons
Minneapolis, MN
612-332-8005
Stylist: Denny Kemp

29. Salon St. Louis
St. Louis, MO
314-771-8820
Stylist: James B

30. Nubest & Co.
Manhasset, NY
516-627-9444
Stylists: Michael Mazzei and Leland Hirsch

31. Bruno Pittini
New York City
212-535-0188
Stylist: Bruno Pittini

32. La Coupe
New York City
212-371-9230
Stylist: Kim Lepine

33. Frederic Fekkai Beauty Center at Bergdorf Goodman
New York City
212-753-9500
Stylist: Frederic Fekkai

34. John Frieda
New York City
212-879-1000
Stylists: John Frieda and Geoffrey Firth

35. John Sahag Workshop
New York City
212-750-7772
Stylist: John Sahag

36. The Kenneth Salon at the Waldorf-Astoria
New York City
212-752-1800
Stylist: Kenneth

37. Louis Licari Color Group
New York City
212-517-8084
Stylists: Louis Licari and Jennifer Lawrence

38. Minardi Minardi Salon
New York City
212-308-1711
Stylist: Carmine Minardi

39. Oribe at Elizabeth Arden
New York City
212-319-3910
Stylist: Oribe

40. Pierre Michel Coiffure
New York City
212-593-1460
Stylist: Michel Obadia

41. Richard Stein Salon
New York City
212-879-3663
Stylist: Richard Stein

42. Stephen Knoll
New York City
212-421-0100
Stylist: Stephen Knoll and Harry King

43. Vidal Sassoon
New York City
212-535-9200
Stylist: Vernon Keech

44. Warren-Tricomi Salon
New York City
212-750-5566
Stylist: Edward Tricomi

45. Kenneth's Hair Design Group
Columbus, OH
614-457-6111
Stylist: Kenneth Anders

46. Salon Norman-Dee
Philadelphia, PA
215-676-0554
Stylist: Scott Garr

47. Roger Thompson Salon
Dallas, TX
214-691-0800
Stylist: Roger Thompson

48. Visible Changes
Houston, TX
713-984-8800
Stylist: Judy Tuttle

49. Gene Juarez Salon
Seattle, WA
206-628-0011
Stylist: Gene Juarez

50. Erik of Norway
Milwaukee, WI
414-241-5111
Stylist: Eric Knudsen

The top 50 do not cover every state (or suit every budget!), but we found some other terrific salons that do. Prices range from:

CUT	**$9 TO $75**
COLOR	**$15 TO $85**
STYLE	**$8 TO $41**

The Masters Salon
Huntsville, AL
205-883-6270
Stylist: Ann Bray

John Anthony's, Inc.
Anchorage, AK
907-344-3933
Stylist: John Anthony

A Cut Above
Little Rock, AR
501-224-1811
Stylists: L.D. Vance, Danny Dodson

Michael of the Carlyle
Denver, CO
303-789-2281
Stylist: Jacqueline Maciel-McShane

Michael Christopher Designs
Wilmington, DE
302-658-0842
Stylist: Michael Christopher

Glemby Styling Salon Bon Marche Department Store
Nampa, ID
Stylists: Phyllis Ryan and Julie Cornelison

Vanis Hair
Munster, IN
219-836-2739
Stylist: Chris Valavanis

Spectra Ltd.
Des Moines, IO
515-255-1151
Stylist: Geanne Gale

Roy and Co.
Louisville, KY
502-897-2121
Stylist: Joline Robison

Jeffrey Michael Powers Beauty Spa
Ann Arbor, MI
313-996-5585
Stylist: Jeffrey Michael Powers

Chuck Kelly Salon
Gulf Port, MS
601-896-0800
Stylist: Chuck Kelly

MEI Hair Salon Bon Marche Department Store
Great Falls, MT
406-727-4800, ext. 255
Stylist: Laurie Baker

The Factory
Omaha, NE
402-493-2623
Stylist: Stephen Stensrud

Dillard's Beauty Salon
Las Vegas, NV
702-369-9474
Stylists: Stacie Lloyd, Ryan Benn

Shear Excitement
Newington, NH
603-431-4806
Stylist: Marline Thorne

Mirage
Sewell, NJ
609-582-3750
Stylist: Donn Zauck

Chiles Hair Studio
Sante Fe, NM
505-982-4247
Stylist: Charlotte Cammarano

Signature Salon
Greenville, NC
919-830-5593
Stylist: Brenda Jester

Dayton's Hair Salon
Fargo, ND
701-281-6214
Stylist: Judy Krause

Duncan Brothers Salon
Oklahoma City, OK
405-840-2767
Stylist: Joe Gitthens

On the Edge Hair Fashions U.S.A.
Portland, OR
503-224-8843
Stylist: Hilary Wade

Avante Hair Designs
San Juan, PR
809-722-0503
Stylist: Amaury Aponte



Kenneth Coté Salon
Providence, RI
401-751-3263
Stylist: Kenneth Coté

London Hair
Charleston, SC
803-723-2425
Stylists: Ginger Evans, Stephanie McCrary

Dayton's Hair Salon
Sioux Falls, SD
605-361-4229
Stylist: Laura Berg

The Mirror
Nashville, TN
615-329-0607
Stylist: Maria Smoot

Sears Beauty Salon
Ogden, UT
801-399-2151
Stylist: Pat Quintana

Highlights on the Waterfront
Burlington, VT
802-865-2212
Stylist: Stephen Bevilacqua

Montgomery Ward Styling Salon
Norfolk, VA
804-466-2254
Stylist: Jim Booth

Elder Beerman Hair World
Morgantown, WV
304-983-6444
Stylists: Sandy Stephens and Larry Williams

Montgomery Ward Hair Salon
Cheyenne, WY
307-637-2139
Stylist: Mildred Patzkee

We recommend these salon chains, too. Call their toll-free numbers to find a salon in your area:

Regis Hairstylists Salons
800-777-4444
Intercoiffure 800-4SALONS
MEI Salons 800-542-4247



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Vaseline Intensive Care Lotion. Using anything
just wouldn't be professional.

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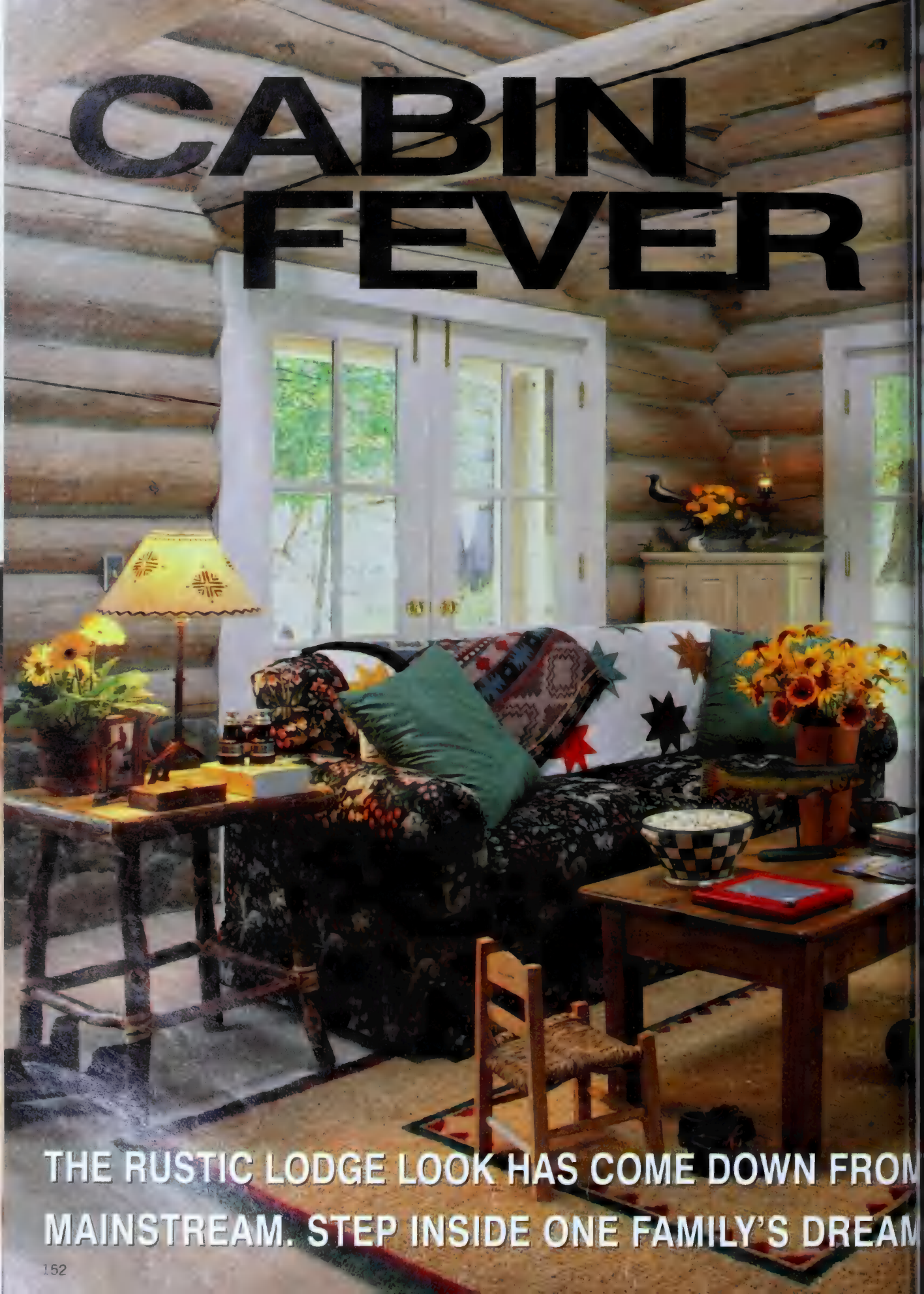
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'24' LIPSTI

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CABIN FEVER



THE RUSTIC LODGE LOOK HAS COME DOWN FROM
MAINSTREAM. STEP INSIDE ONE FAMILY'S DREAM





HE MOUNTAINS AND INTO THE ABIN.

BY LESLIE LAMPERT

When Dawn and Mike Parnell were designing their long-awaited home on Orcas Island—a quiet boating and fishing community thirty miles off the coast of Washington State—their plans to build a traditional beach house suddenly changed direction.

Originally, the Parnells dreamed of a shingle house with spacious rooms to accommodate the sprawling play of their two children, Merrick, three, and Halley, one. But when Dawn's mom sent her a picture of a rustic cabin she had cut out of a magazine, the couple instantly fell in love with the idea of building a log home.

So they contacted Alpine Log Homes, in Victor, Montana (the largest handcrafter of log homes in the country), to help them design an eleven-hundred-square-foot house that combines earthy style with contemporary comforts.

"We wanted an intimate family space," says Dawn, an elementary school teacher, "and the small scale of this house provides a warm, secure feeling." Says Mike, owner of an optical manufacturing business, "Dawn and I love the mountains and the ocean, so living in a log cabin on the beach gives us the best of both worlds." Besides outdoor sports

(continued)

(continued) *like hiking, fishing and kayaking, this family loves to play indoor games or just sit by the fireplace and read.*

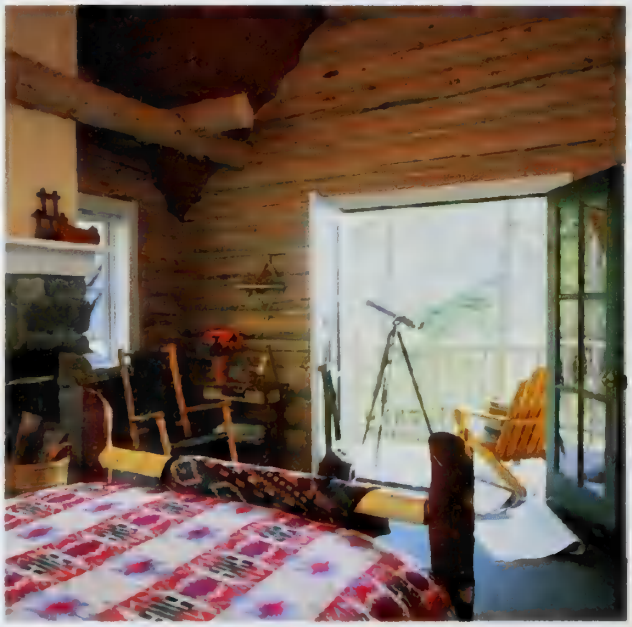
The current boom in contemporary log cabins is part of a growing trend among families seeking to combine American tradition and a sense of lasting quality with modern amenities and personal style. According to housing experts, the lodge look, which boasts peeled, exposed timbers and a homespun feeling, represents a connection with the past and a feeling of strength—this decade's back-to-basics philosophy.

In addition to standard kit homes, custom-designed log homes offer luxury features such as cathedral ceilings, wraparound decks and even indoor lap pools.

The Parnells personalized their home by choosing white-stained logs, a soaring ceiling and lots of windows. "We wanted to carry the rustic look throughout the interior, but we also wanted to create a light, airy feeling, especially since we were dealing with such a small space," says Mike.

So Dawn and Mike, and local designer Bonnie Ward, who operates Designward, Inc., on the island, set out to visually open up the inside quarters and decorate the two-bedroom, one-bathroom cabin with simple, sturdy furnishings and down-to-earth style.

They started by whitewashing all the floors (a painting process that lightens wood floors while allowing the natural grain to show through), which immediately gave the interior a roomier feel. They opted to keep the oversize windows bare, flooding the house with natural sunlight, further helping to visually enlarge the space. Dawn chose a deep-blue deer print for the living-room sofa (the animals abound on Orcas) for a bold splash of color, and accent furnishings in rich hunter greens and warm browns to balance the weighty feeling of the log walls. Many of the items, including the wicker rocker in the living room, the peeled-log bed in the master bedroom and the (continued)





The master bedroom (above) boasts a high ceiling that gives bigger dimension to the small sleeping area. Eddie Bauer's "Montana" bedding collection serves up the cabin-style feeling. The walk-out balcony was constructed out of trees removed from the Parnells' property

Bleached-wood cabinets and floor, white Corian countertops and white wood bar stools give the kitchen (left) a fresh feeling. French doors open onto a large sundeck, where the kids can play within Dawn's view while she prepares meals





(continued) *sisal area rugs, were chosen from the new Eddie Bauer Home Collection, which includes cabin-style furnishings (details, page 186).*

In the dining room, a small-scale farm table and hunter-green ladder-back chairs add instant style. "We like having parties in this cozy space," says Mike, "especially late-afternoon barbecues. It creates a warm and friendly environment, and our guests feel welcome."

Log cabins have certainly come a long way from Abraham Lincoln's version. In fact, twenty thousand families have built log homes this year alone. And the housing industry says the trend is just beginning.

But as far as the Parnells are concerned, the best part of log-cabin living is the sense of family closeness. "This is where I get to know my kids," says Mike. "It's a style that seems to promote quality family time."

HOW TO GET THE COZY CABIN LOOK

TIPS FROM BONNIE WARD, AMERICAN SOCIETY OF INTERIOR DESIGNERS (ASID):

■ **WALLS:** Choose warm, rich colors for paint or wallpaper. Use rustic wood paneling (horizontal or vertical), faux finishes or textural wallcoverings for added depth. (Mary Gilliatt's new line of wallcoverings, Faux Finish II, includes classic patterns from eighteenth- and nineteenth-century designs.)

■ **LIGHTING:** Select light fixtures with antique character. Use weathered copper or iron, twig or antler bases. Early American styles like Mission and Shaker are also good choices.

■ **FURNITURE:** Focus on sink-into sofas, armchairs and hassocks from the fifties, with soft shapes that are truly comfortable, and antiques that deliver a sense of place and history.

■ **FABRICS:** Opt for touch-me textures, bold patterns and vivid colors. Don't be afraid to mix a large print with a tailored plaid.

■ **DETAILING:** Have railings constructed out of saplings, with or without bark, or use metals with patina. Consider slate, flagstone or wood floors.

■ **AREA RUGS:** Find earth-tone or deep-colored rugs to use on wood floors or over solid-colored wall-to-wall carpeting. Consider using a variety of styles: Flat weaves, rag rugs, sisals, needlepoints and orientals are all good choices.

■ **ACCESSORIES:** Use everyday items to display on a fireplace mantel, coffee table or nightstand: old toys, tin cans, signs, collections, sports gear, tools, family photos. Slogan pillows that feature the names of summer camps are especially popular now—on chairs or combined with throw pillows on the bed.

Log cabin charm for your bedroom

Nothing makes a bedroom cozier than a beautiful, hand-stitched quilt, and our Pioneer Log Cabin Quilt is perfect for adding a dash of rustic charm to your home. Inspired by the barn-raisings of pioneer days, this quilt pattern has been a favorite for over a century. The twin (item #LJ1075) is $99, the full/queen (item #LJ1076) is $159, and the king (item #LJ1077) is $199. The standard sham (item #LJ1078) is $34.98. Postage and handling is $12 per item ordered. To order by credit card, call 800-722-9999, twenty-four hours a day, seven days a week, or mail a check or money order to: LHJ Quilt Offer, Dept. 210-062, P.O. Box 626, Howell, NJ 07731. Canadian orders must be in U.S. funds. Please add $5 per item on Canadian orders.



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Decorating your home should be exciting, right down to the last detail. So liven things up, with Peerless faucets. Peerless offers a wide variety of faucets designed to suit any taste . . . from classic to contemporary, rustic to romantic. Beautiful styling is one more reason to remember that when it comes to faucets. Peerless means plenty.

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We discovered a healthier way to make fried food.

(Isn't that a contradiction?)

Not if you know about all the remarkable benefits that come from cooking with a Tefal Supercool fryer. With its precision preset thermostat, the Tefal Supercool fryer maintains a perfect oil temperature so that food is sealed on the outside and absorbs less oil than with the traditional methods of frying. The result is food that is crispier, tastier and better for you. And, of course, it's healthier to use a cholesterol-free cooking oil.

The Tefal Supercool fryer is also designed safer than any other fryer. For example, ❦ *its outside thermal layer of insulation ensures that the fryer is always cool to the touch when in use.* ❦ *The safety-locking lid prevents spills.* ❦ *The ingenious wind-down basket lowers the food from the outside to eliminate oil splatters.* ❦ *And there's a charcoal filter which absorbs unwanted cooking odors.*

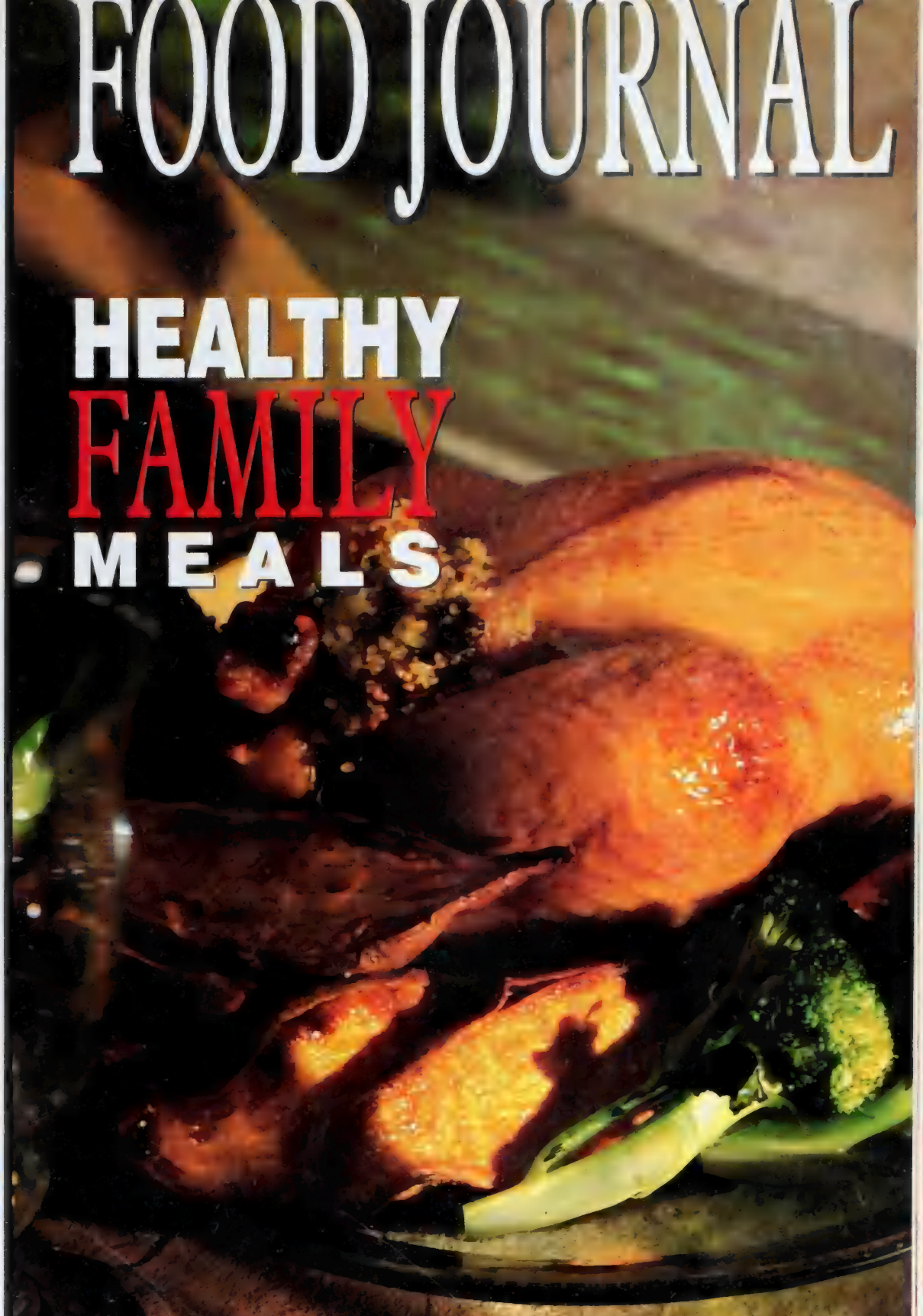


The Tefal Supercool fryer is changing the way people think about fried food. The only contradiction when it comes to making fried food healthier, is the idea of making it without a Tefal Supercool fryer.

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FOOD JOURNAL



HEALTHY FAMILY MEALS

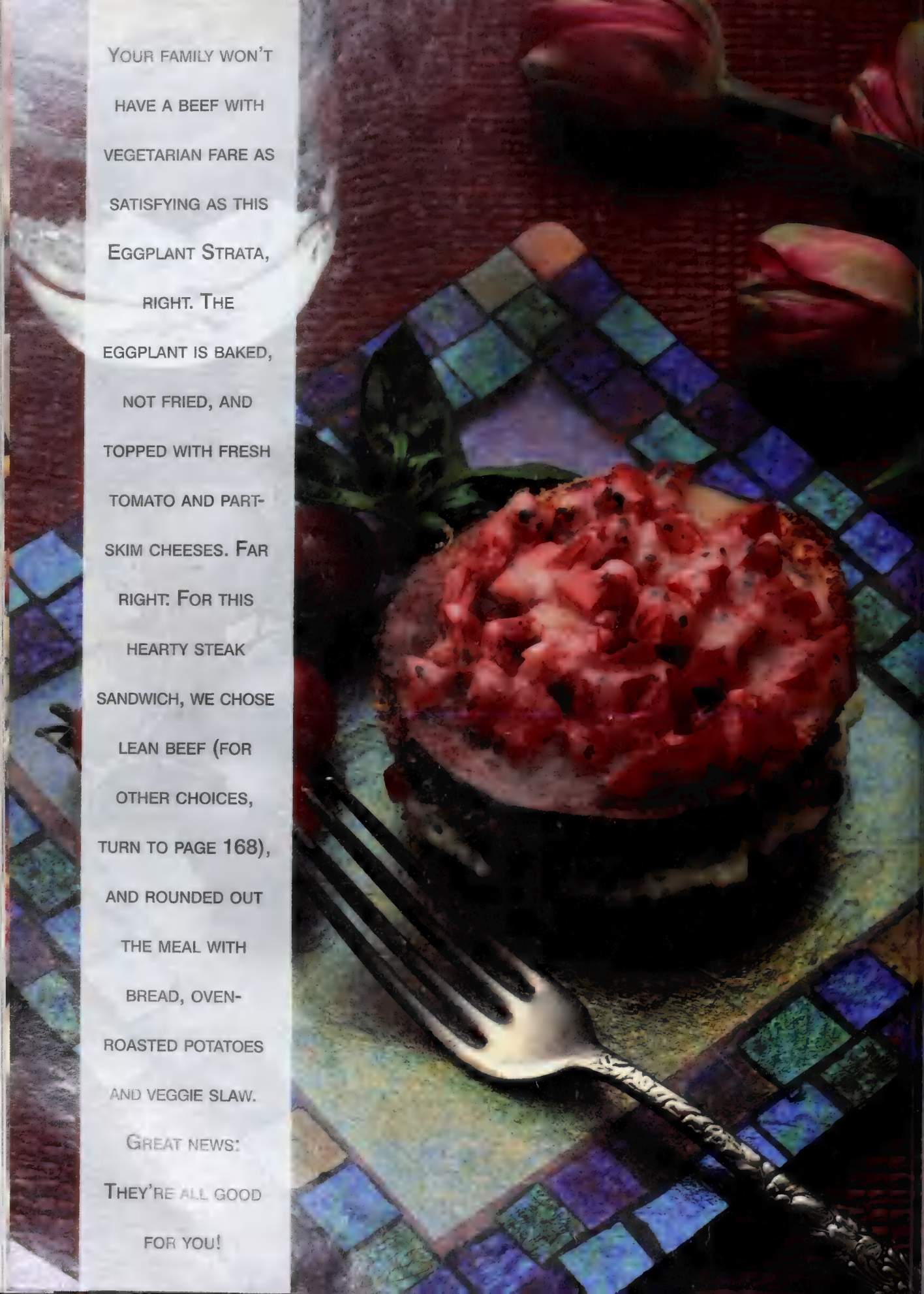
WHAT'S THE LATEST IN GOOD EATING? USING THE U.S.D.A'S FOOD PYRAMID TO MAKE YOUR FAMILY'S DIET THE HEALTHIEST IT CAN BE. TO SHOW YOU HOW, HERE ARE TIPS, NUTRITIOUS RECIPES, AND LOTS MORE. BY JAN TURNER HAZARD, FOOD EDITOR


HEALTHY
FAMILY
MEALS

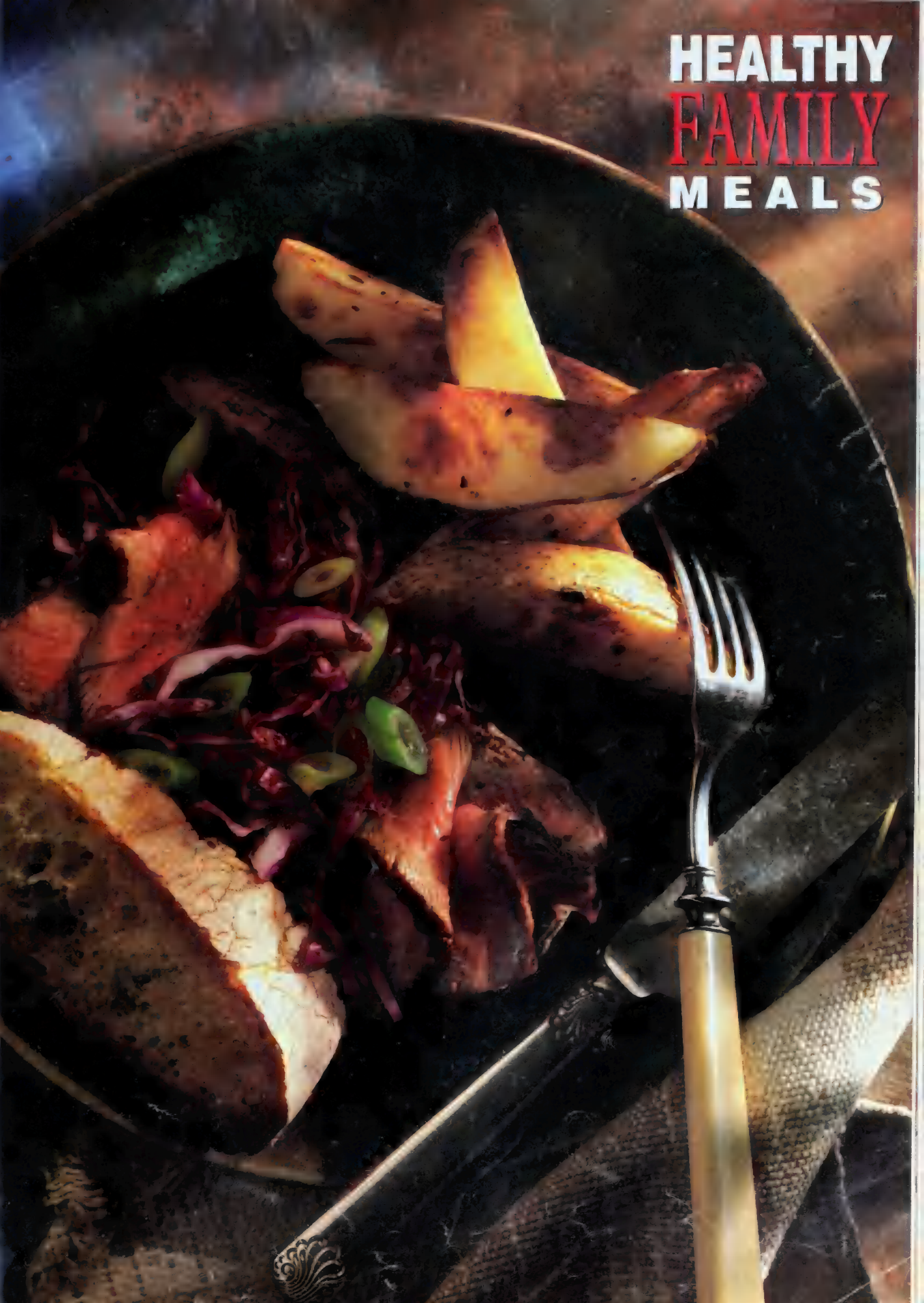


CARBOHYDRATE-RICH PASTA SHOULD BE A BIG PART OF YOUR DIET PLAN—BUT GO EASY ON HIGH-FAT SAUCES. SPAGHETTI THREE WAYS, FAR LEFT, WILL DELIGHT EVEN PICKY EATERS, WITH A CHOICE OF TOMATO SAUCE, CHEESE OR SAUSAGE AND PEPPER TOPPINGS.

LEFT: ZESTY BLACKENED SNAPPER WITH CORN RELISH IS A HOT TICKET TO MORE HEALTHFUL EATING. WITH HOMEMADE RELISH, FISH DOESN'T NEED A LOT OF FAT TO SIZZLE WITH FLAVOR.



YOUR FAMILY WON'T HAVE A BEEF WITH VEGETARIAN FARE AS SATISFYING AS THIS EGGPLANT STRATA, RIGHT. THE EGGPLANT IS BAKED, NOT FRIED, AND TOPPED WITH FRESH TOMATO AND PART-SKIM CHEESES. FAR RIGHT: FOR THIS HEARTY STEAK SANDWICH, WE CHOSE LEAN BEEF (FOR OTHER CHOICES, TURN TO PAGE 168), AND ROUNDED OUT THE MEAL WITH BREAD, OVEN-ROASTED POTATOES AND VEGGIE SLAW. GREAT NEWS: THEY'RE ALL GOOD FOR YOU!


HEALTHY
FAMILY
MEALS

THE NEW FOOD PYRAMID

The U.S. Department of Agriculture (U.S.D.A.) just reinvented the wheel—the food wheel, that is. The round chart depicting the four basic food groups—meat, milk, breads and cereals, and fruits and vegetables—has been revamped, and a new image, the pyramid, has been chosen to reflect the way we should eat today.

In 1990, the nation's eating habits made news when the U.S.D.A. declared war on the amount of fat, especially saturated fat, in most Americans' diets. In the latest edition of Dietary Guidelines for Americans, the agency recommended a balanced diet that is strong on grains, vegetables and fruits and is lighter on meat, poultry, fish, eggs and dairy foods. The pyramid was selected as the most effective shape to illustrate these recommendations simply and clearly.

The wide base of the pyramid depicts the types of foods—complex carbohydrates like bread and cereal—that you should eat in the greatest quantities. At the pinnacle are fats and sugars, which you should watch carefully. In between are a variety of foods positioned according to the number of recommended daily servings. Remember: A balanced diet includes foods from *every* group.

How do you determine the number of servings that are right for you? By the number of calories you need. The National Academy of Sciences recommends: 1,600 calories a day for sedentary women and older adults, 2,200 calories for most children, teenage girls, active women and many sedentary men, and 2,800 calories for teenage boys, active men and some very active women. (The *Journal*'s daily goal: 2,000 calories for women, 2,500 for men.) If your calorie intake is in the lower range, for example, choose the smaller number of servings in each food group. Use your caloric needs to calculate your fat allowance, too: Limit your intake to no more than 30 percent of your daily calories; your saturated fat, no more than 10 percent.

By showing the proportions of different kinds of foods, the pyramid emphasizes the importance of eating a variety of foods from each group in moderate amounts. And by focusing on the total diet, it shows that there are no good or bad foods. While no single food supplies all nutrients, *any* food that supplies some nutrients can be part of a healthful diet.

Each food group in the pyramid has a recommended number of servings per day. There may seem to be a lot of servings in some groups, but they add up quicker than you'd think. What constitutes a serving? Below, some examples.



Fats, oils and sugars should be eaten sparingly—foods in the other groups provide some fat and sugar plus other nutrients, while those in this group offer calories and little else. They include salad dressings and oils, butter, margarine, sugars, soft drinks and sweet desserts

*Higher-fat selection—You may want to balance these with lower-fat choices over a day or week. **1/2 cup cooked dry beans, 1 egg or 2 tablespoons peanut butter count as 1 ounce lean meat.

Milk, Yogurt and Cheese Group (2-3 servings)
1 cup skim or low-fat milk
1 cup nonfat, low-fat or frozen yogurt
*1½ cups ice milk or ice cream
*2 cups (1% fat) cottage cheese
*1½ ounces natural Cheddar cheese
*1½ ounces part-skim mozzarella or ricotta cheese

Meat, Poultry, Fish, Dry Beans, Eggs and Nuts Group (2-3 servings)**
2 to 3 ounces cooked lean meat, poultry or fish
*3 ounces cooked lean ground beef
*2 to 3 large eggs
1½ cups cooked dry beans
*4 to 6 tablespoons peanut butter
⅔ to 1 cup nuts

Vegetable Group (3-5 servings)
1 cup raw leafy vegetables (spinach, lettuce)
½ cup cooked or chopped raw asparagus, broccoli, carrots, mushrooms, tomatoes, zucchini or other vegetables
¾ cup tomato juice

Fruit Group (2-4 servings)
1 medium apple, banana, orange
½ cup applesauce, chopped, cooked or canned fruit
½ cup fresh blueberries, strawberries, grapes, raspberries
¾ cup orange, grapefruit or unsweetened pineapple juice

Bread, Cereal, Rice and Pasta Group (6-11 servings per day)
1 slice bread
½ bagel
½ English muffin
*½ medium doughnut

1 ounce cold cereal (serving sizes vary, so read the package carefully)
½ cup oatmeal
1 pancake (4-inch)
½ cup pasta
½ cup cooked brown or white rice



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ITALIAN CHICKEN

1 Reynolds Oven Cooking Bag, large size (14" x 20")
2 tablespoons flour
1 (14 oz.) jar of your favorite spaghetti sauce
4 bone-in chicken breast halves, skin removed
1 medium green pepper, coarsely chopped
1 (8 oz.) pkg. of your favorite pasta, cooked

Preheat oven to 350°F. Shake flour in bag; place in 13x9x2-inch baking pan. Add spaghetti sauce to bag. Squeeze bag to blend ingredients. Add chicken and green pepper to bag. Turn bag to coat chicken with sauce. Arrange chicken in even layer. Close bag with nylon tie; cut 6 half-inch slits in top. Bake until tender, 35 to 40 minutes. Serve over hot pasta. VARIATION: For 4 skinless, boneless chicken breast halves, subtract 10 minutes. For 8 skinless chicken pieces, add 10 minutes. Serves 4. Per serving: 386 calories, 7 grams fat (17% total calories).

REAL COOKING. WHY MAKE IT TOUGH?



TEN NUTRITION MYTHS DEBUNKED

LET'S FACE IT. NUTRITION CAN BE VERY CONFUSING. HERE ARE THE FACTS TO DISPEL SOME COMMON MYTHS ABOUT FAT, CHOLESTEROL AND OTHER DIET ISSUES. BY MONA BOYD BROWNE, R.D.

1 MYTH: Processed foods aren't healthful.

FACT: Processed packaged fruits and vegetables, juices, meat, poultry and seafood can be part of a healthful diet. In November, new labeling regulations will call for nutrition labels on virtually all packaged foods, so you can check labels for specific nutrition information.

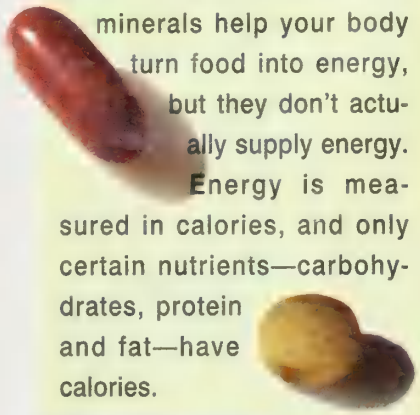
Many processed foods are high in sodium, including salt, baking soda, baking powder and sodium nitrite.To eat less sodium, try moderating the amount of processed foods in your diet.

2 MYTH: A food labeled "no cholesterol" is good for your heart.

FACT: A "no-cholesterol" label is no guarantee that a food isn't loaded with fat. Cholesterol is found only in animal products. Foods from plant sources do not contain cholesterol, but some, such as peanut butter and potato chips, may be quite high in fat. No-cholesterol vegetable oil, for example, is 100 percent fat! Read food labels carefully for fat content.

3 MYTH: Vitamins give you energy.

FACT: Vitamins and minerals help your body turn food into energy, but they don't actually supply energy. Energy is measured in calories, and only certain nutrients—carbohydrates, protein and fat—have calories.



4 MYTH: Carbohydrates are fattening.

FACT: Foods that are rich in complex carbohydrates—breads, cereals, potatoes, pasta and rice—are not fattening by themselves. It's the butter, margarine and creamy sauces you add to them that can make the fat and calories soar. Complex carbohydrates are also an important source of energy for the body.

5 MYTH: Avoiding eggs is the best way to lower your blood cholesterol level.



FACT: *Although eggs are high in cholesterol (213 milligrams), it's not necessary to eliminate them entirely. Instead, the American Heart Association advises limiting eggs to no more than four per week. (When you use eggs in a recipe, remember that the cholesterol is divided among the servings. For example, each cookie in your favorite recipe contains only a tiny fraction of the cholesterol from eggs.) To reduce the risk of heart disease, cut back on saturated fats from meats and dairy products, since fats and dietary cholesterol are found in many of the same foods.*

6 MYTH: Products labeled "light" are good choices for a low-calorie diet.

FACT: Not yet. The November labeling negotiations will also set definitions for any descriptive words and phrases that appear on food labels. For example, claims like "light," "lite" and "low-calorie" will have strict meanings that are uniform for all foods. The current proposals specify that a low-calorie food will have forty calories or less per serving, while a calorie-free food will have less than five calories per serving. The proposal also states that a light food will have at least one third fewer calories than the regular version, with a minimum reduction of at least forty calories per serving. And if more than half of the calories are from fat, its fat content must be reduced by 50 percent or more, with a minimum reduction of three grams per serving.

7 MYTH: Margarine is less fattening than butter.

FACT: Margarine and butter contain the same number of calories: 100 calories per tablespoon. Although they are both fats, only butter, an animal fat, contains cholesterol. It's okay to eat small amounts of margarine or butter, as long as you watch your total fat intake.

8 MYTH: Foods with more than 30 percent of calories from fat should be eliminated from your diet.

FACT: The "thirty-percent solution" for fat intake applies to your total diet for a day, not a single meal. Otherwise, you'd need to avoid many dairy products, meats and fish that are valuable sources of nutrients. A balanced overall diet combines these foods with those lower in fat.

9 MYTH: Skim milk is a poor source of calcium.

FACT: Skim milk actually contains more calcium than whole milk—per cup, 302 milligrams of calcium compared to 290 milligrams for whole milk. Calcium, a mineral used to build and maintain strong bones, may help prevent osteoporosis.



10 MYTH: Shellfish are high in cholesterol.

FACT: According to new testing methods, shellfish contain less cholesterol than previously thought. In general, they are low in total fat and are much lower in saturated fat than most meats. Three ounces of shellfish contain less than 100 milligrams of cholesterol. The amount recommended is no more than 300 milligrams daily.

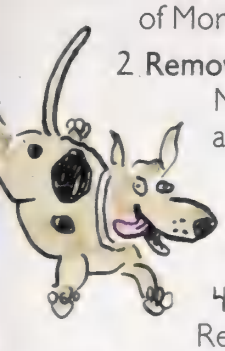


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1. **Remove odors from your wooden cutting board** by pouring a generous amount of Morton® Salt directly on the board. Rub lightly, then wipe with a damp cloth.

2. **Remove rust from household tools** by making a paste using 2 tablespoons Morton® Salt and 1 tablespoon lemon juice. Apply the paste to rust with a dry cloth and rub.



3. **Remove odors from drains and garbage disposals** by pouring ½ cup of Morton® Salt into drain. Let sit for 5 minutes and rinse with water.

4. **Make your own air freshener** by cutting an orange in half. Remove pulp and fill peel with Morton® Salt.

5. **Make Morton Klaymates™ Dough.** For a free brochure on this and other kids' craft ideas, write: Morton® Salt Arts and Crafts Brochure, Morton Salt, 100 N. Riverside Plaza, Chicago, IL 60606-1597.



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THIRTY WONDER FOODS FOR THE WHOLE FAMILY

Eating a variety of foods is the best way to get all the nutrients you need, but there are some foods that can provide an extra boost of nutrients to your family's diet. So we've compiled a list of Wonder Foods—low-fat, low-calorie and packed with vitamins and minerals. Those highlighted in color are good sources of calcium and iron, making them especially valuable to women, who need 1,000 milligrams of calcium and 18 milligrams of iron per day to help guard against osteoporosis and iron-deficiency anemia.

CEREALS (whole grain, iron-fortified): High in fiber and complex carbohydrates; fortified cereals are high in many vitamins and minerals
OATS: High-fiber, fat-free
WHOLE-GRAIN RICE: High in fiber and complex carbohydrates, fat-free
WHEAT BRAN: High-fiber
BROCCOLI: High in fiber and vitamin C, fat-free
CARROTS: High in fiber and vitamin A, fat-free
CAULIFLOWER: High-fiber, good source of vitamin C, fat-free
CORN: High in fiber and complex carbohydrates, fair source of potassium
KALE: High in vitamin A, fair source of calcium
POTATOES: High in fiber, vitamin C and potassium, fat-free
SPINACH: High in vitamin A, fat-free
SQUASH: High in fiber, vitamins C and A (some varieties)
TOMATOES: High in fiber and vitamin A, good source of vitamin C, fat-free
BANANAS: High in potassium and fiber, virtually fat-free
BLUEBERRIES: High-fiber, fat-free
CANTALOUPE: High in fiber, vitamins C and A, fat-free
GRAPEFRUIT: High in fiber and vitamin C, fat-free
ORANGES: High in fiber and vitamin C, good source of potassium, fat-free
STRAWBERRIES: High in fiber and vitamin C, fat-free
CHEESE (especially lower-fat varieties): High-protein, good source of calcium
LOW-FAT COTTAGE CHEESE: High-protein, good source of calcium
LOW-FAT OR SKIM MILK: High in protein and calcium
NONFAT DRY MILK (add during cooking to soups and casseroles): Good source of protein and calcium
NONFAT OR LOW-FAT YOGURT (regular or frozen): High in calcium and protein
BEANS (black, black-eye peas, chick-peas, kidney beans, lentils, lima beans, split peas, pinto beans, navy and white beans, soybeans): High in potassium and fiber, good source of complex carbohydrates and protein
TOFU (processed with calcium sulfate): High in calcium

LEAN CHOICES

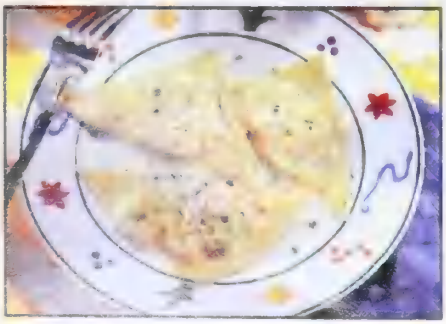
MEATS: beef (round, loin, sirloin), **pork** (tenderloin, center loin, ham), and **lamb** (leg, loin)
High in protein, B-vitamins and iron

CHICKEN AND TURKEY (light meat, skinless)
High in protein, good source of iron

FISH (cod, flounder, grouper, haddock, halibut, ocean perch, pike, **salmon**–fresh or canned with bones, **sardines** with bones, snapper, swordfish, trout, tuna)
High in protein

SHELLFISH (clams, **oysters**, shrimp)
High in protein





EAT-YOUR-VEGGIES RAVIOLI

A sneaky way to feed your kids more vegetables. Wonton wrappers can be found in large supermarket produce sections.
Prep time: 30 minutes
Cooking time: 3 minutes

Salt
1 large carrot, minced (1/2 cup)
1 cup part-skim ricotta cheese
1/3 cup frozen peas, thawed
2 ounces minced smoked ham (1/4 cup)
4 tablespoons grated Parmesan cheese, divided
1/8 teaspoon freshly ground pepper
40 wonton wrappers
1 large egg white
1/2 cup chicken broth, defatted*
1 tablespoon minced fresh parsley

Bring small pan of water with a dash salt to boil. Add carrot and cook 45 seconds. Drain and cool. Combine with ricotta, peas, ham, 1 tablespoon Parmesan, 1/4 teaspoon salt and the pepper in bowl. Makes 2 cups.

Working in batches, place 1 generous teaspoon filling on half of each wrapper, leaving 1/2-inch border. Brush edge with egg white. Fold wrappers in half over filling; pinch to seal. Place in single layer on cookie sheet. Keep covered with towel while filling remaining wonton wrappers.

Heat broth in saucepan; keep warm. Bring large pot of water with 1 teaspoon salt to boil. Add raviolis and cook until tender, 3 minutes. Drain. Toss with broth and parsley. Sprinkle with Parmesan. Makes 6 servings.

**To defat broth:* Place in freezer 30 minutes or refrigerate 4 hours. Skim fat.

Per serving		Daily goal
Calories	215	2,000 (F), 2,500 (M)
Total fat	5 g	60 g or less (F); 70 g or less (M)
Saturated fat	3 g	20 g or less (F); 23 g or less (M)
Cholesterol	20 mg	300 mg or less
Sodium	468 mg	2,400 mg or less
Carbohydrates	28 mg	250 g or more
Protein	14 g	55 g to 90 g



VER SEE A CHEESEBURGER IN A TUXEDO?

It's beef topped with
ese. Although that's
ut all it has in com-
n with anything you'd
up in a drive-thru.
But don't be put off
ause this dish isn't,
, ordinary. Tenderloin

BLUE CHEESE TENDERLOIN STEAKS-22 MINUTES

- 4 beef tenderloin steaks, cut 1 in thick
- 2 Tbsp cream cheese, softened
- 4 tsp *each* crumbled blue cheese and plain low-fat yogurt
- 2 tsp minced onion
- Dash white pepper
- 1 large clove garlic, halved
- ½ tsp salt, divided
- 2 tsp chopped parsley

Combine cream cheese, blue cheese, yogurt, onion and pepper; reserve. Rub each side of beef steaks with garlic. Place steaks on rack in broiler pan so surface of meat is 2 to 3 in from heat. Broil 5 to 6 min. Season with ¼ tsp salt. Turn and broil 3 to 4 min. Season with remaining salt. Top each steak with an equal amount of reserved cheese mixture. Broil an additional 1 to 2 min. Garnish with parsley. 4 servings.

steaks are quick and very simple to make.

A sure way, in fact, to get your family to come to dinner without an engraved invitation.

BEEFSM

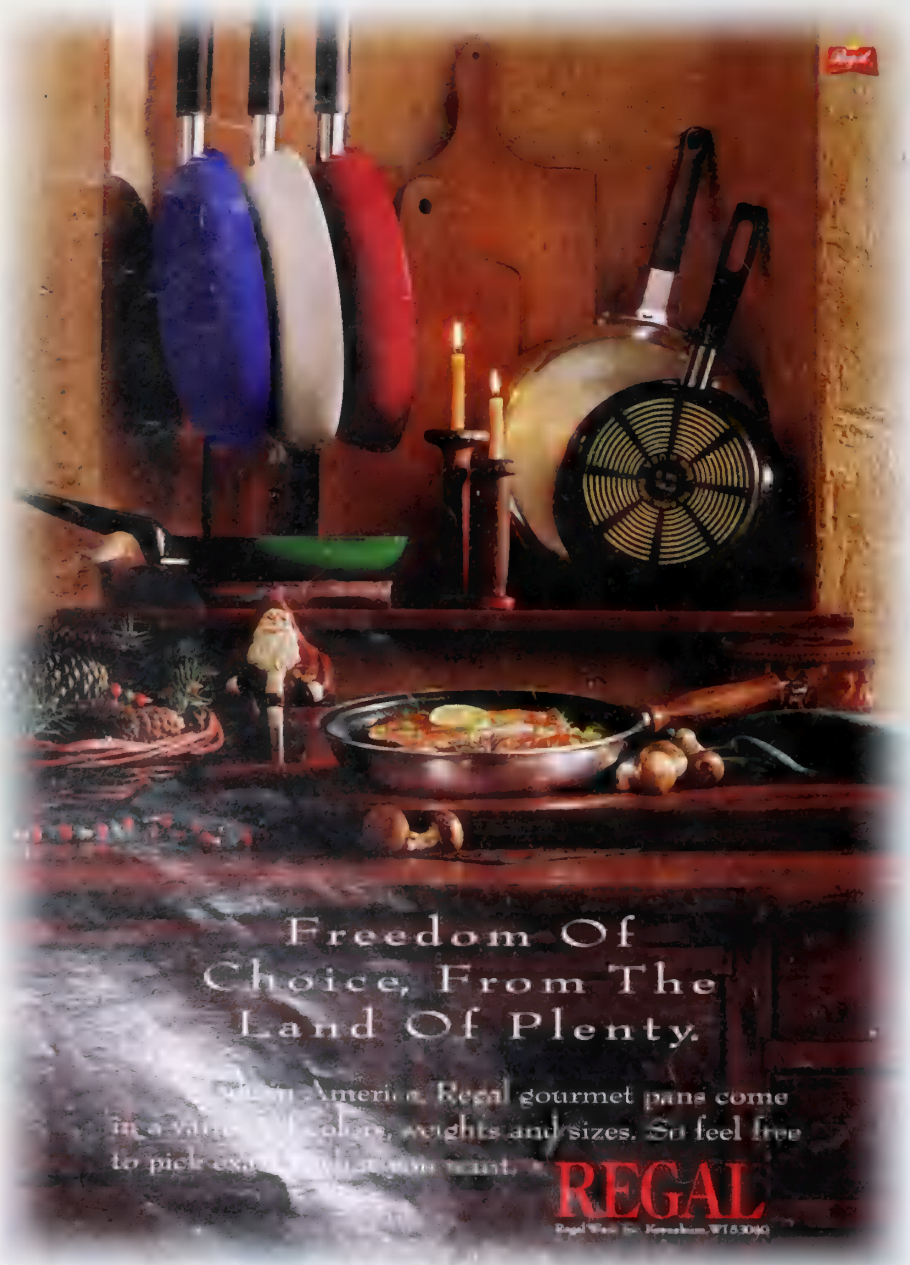
IT'S WHAT'S FOR DINNER

Beef Industry Council and Beef Board

Vegetarian Zucchini

2 tablespoons olive oil
½ cup chopped onion
½ teaspoon salt
¼ teaspoon pepper
3 medium tomatoes, peeled, cut in chunks
1 clove garlic, minced
3 small zucchini, ¼-inch slices
1 teaspoon dried basil, crushed
¼ cup grated Parmesan cheese
4 ounces fresh mushrooms, sliced
½ medium green pepper, cubed

Heat oil in large nonstick-coated Regal fry pan over medium-high heat, 1 minute. Saute garlic, onion, green pepper and mushrooms, 2 to 3 minutes, stirring frequently. Stir in remaining ingredients, except cheese. Cover and cook an additional 4 to 5 minutes, until zucchini is tender but not soft; stir occasionally. Sprinkle with cheese; serve over hot, cooked couscous or rice. 2-3 servings.



For the name of a Regal retailer in your area call 1-800-828-6344

Healthy family meals
continued

○ Easy ● Challenging ▼ Low-fat
◒ Moderate Ⓜ Microwave ▽ Low-ca

SHANGHAI STIR-FRY



Flavored with fresh ginger and soy sauce vegetarian dish is perfect when you've ceeded your fat grams on the previous da
Prep time: 30 minutes
Cooking time: 10 minutes
▼ ▽

Sauce
2 tablespoons dry sherry
2 tablespoons soy sauce
1 tablespoon honey
2 teaspoons cornstarch

2 large carrots, sliced 1/4 inch thick
6 ounces green beans cut into 1/2-inch pieces
1 cup diced yellow summer squash
1 cup diced red pepper
1 cup snow peas, trimmed and halved
1 cup small broccoli florets
4 ounces firm tofu, cut into 1/2-inch di
1 tablespoon peanut or vegetable oil
2 teaspoons grated ginger
2 teaspoons minced garlic
1 cup brown rice, cooked and cooled
1/2 cup sliced green onions
1/4 cup chopped roasted peanuts

Combine sherry, soy sauce, honey cornstarch in small bowl; set aside.

Bring large saucepan of salted wate boil. Add carrots and beans; bo minute. Remove with slotted spoon; dr Add squash, red pepper, snow peas broccoli to pan; boil 1 minute. Drain.

Pat tofu dry with paper towel. Heat o nonstick skillet over medium-high h Add tofu and cook until golden on sides, about 3 minutes. With slotted spo transfer to serving dish; keep warm.

Add ginger and garlic to skillet; c over high heat until fragrant, about seconds. Add vegetables and cook, ring occasionally, 2 minutes. Add rice cook, stirring, 2 minutes. Return tofu skillet with green onions and sauce; co stirring, 1 minute. Sprinkle with pean Makes 4 servings.

Per serving		Daily goal
Calories	200	2,000 (F), 2,500 (M)
Total fat	6 g	60 g or less (F); 70 g or les
Saturated fat	1 g	20 g or less (F); 23 g or les
Cholesterol	0 mg	300 mg or less
Sodium	274 mg	2,400 mg or less
Carbohydrates	30 mg	250 g or more
Protein	7 g	55 g to 90 g

(contin





Shown smaller than actual size of 9½" tall

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Striding across the cobblestones through the new fallen snow, he's a grand vision of a Victorian Santa. The pockets of his billowing, fur trimmed robe overflow with toys. A great white beard highlights his gentle smile and the twinkle of his bright blue eyes.

"Father Christmas," premiere issue in the *International Santa* Figurine Collection, is available exclusively from the Hamilton Collection for only $55 (plus $4.40 shipping and handling.) As the owner of "Father Christmas," you will have the right—**but no obligation**—to acquire upcoming issues in the collection. Each will be accompanied by an individually numbered Certificate of Authenticity. Our **100% Buy-Back Guarantee** assures you may return any figurine within 30 days of receipt for a prompt replacement or full refund.

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TURN ON THE JUICE

Thanks to the hottest piece of kitchen equipment, the juice extractor, you can choose from a whole new alphabet of flavors—apricot to zucchini—for satisfying fresh juice anytime.

This year, manufacturers are shipping more than five million juice extractors (as compared with 300,000 in 1989). The juicer works by pulverizing fruits or vegetables and spinning the mash against a cone-shaped filter to separate juice from pulp. It takes less than two minutes to make any fruit or vegetable drinkable. Our suggestions: apples, grapes, carrots, pears, garden-fresh tomatoes—or make your own flavors from any combination you can think of.

Chefs around the country have discovered another use for fresh juice: as a base for sauces, replacing heavy cream or rich meat stocks. Not only does juice pack lots of flavor, it's virtually fat-free—so even whisking in a tablespoon of butter for richness adds only a fraction of the fat found in a classic sauce. (See the recipe for Jo Jo's Shrimp in Spiced Carrot Juice, right.)

Fresh juices are a great way to increase the amount of fruits and vegetables in your diet. Nutritionally, however, they don't replace the real thing. While juices contain the vitamins and minerals found in whole fruits and veggies, they don't provide the fiber that makes eating enough of these foods so important.



JO JO'S SHRIMP IN SPICED CARROT JUICE

This fabulous dish is served at Jo Jo, one of New York City's hottest restaurants. You need fresh carrot juice and Asian lime leaves, which can be found fresh, frozen or dried.

Prep time: 20 minutes ▽○
Cooking time: 7 minutes

Salt
2/3 cup finely diced carrots
2 cups carrot juice
2 tablespoons fresh lime juice
3 lime leaves* or 1 tablespoon sliced lemon grass
1 teaspoon serrano chile
6 teaspoons butter, divided
1 1/2 teaspoons chopped fresh cilantro
1 1/2 teaspoons chopped mint
2 dozen medium shrimp, peeled and deveined
1/8 teaspoon pepper

Bring saucepan of water with a dash salt to boil. Add carrots and cook until tender, 2 minutes. Drain.

In saucepan, bring carrot juice, lime juice, lime leaves, chile and a pinch salt to boil. Remove from heat; discard leaves. Whisk in 5 teaspoons butter until melted. Stir in carrots, cilantro and mint.

Heat large nonstick skillet over high heat until hot. Add remaining butter and swirl to coat pan. Add shrimp, 1/4 teaspoon salt and the pepper; cook until shrimp is opaque throughout, 1 1/2 to 2 minutes per side.

Spoon soup into 4 heated bowls and ladle shrimp on top. Makes 4 servings.

*Lime leaves are available from Adriana's Bazaar, 2152 Broadway, NYC 10023. Call 212-877-5757.

Per serving		Daily goal
Calories	160	2,000 (F), 2,500 (M)
Total fat	7 g	60 g or less (F); 70 g or less (M)
Saturated fat	4 g	20 g or less (F); 23 g or less (M)
Cholesterol	86 mg	300 mg or less
Sodium	338 mg	2,400 mg or less
Carbohydrates	15 mg	250 g or more
Protein	11 g	55 g to 90 g

LHJ JUICER SURVEY

Which juicer to choose? We tried out six brands in the LHJ test kitchens and judged all of them capable of producing an acceptable glass of juice. We used a pound of carrots as our standard and extracted about the same amount of juice from each brand: about one cup. What varied greatly, though, were power, design and ease of operation. The manufacturers do not recommend cleaning juicer parts in the dishwasher. The filter basket must be cleaned by hand, and some models have as many as five removable parts to clean. Below, a survey of our findings

BRAND (suggested retail price)	DESCRIPTION	PROS	CONS
Acme Juicerator, model 6001 ($299)	Large, almost industrial size, made of heavy metal and plastic	Large feed tube can take large pieces of fruits and vegetables. Has disposable paper filters for easy cleanup. Has a ten-year warranty	A bit noisy. Takes a while to stop rotating. The size and weight make it difficult to lift and store
Braun Deluxe Juice Extractor, model MP81 ($89.95)	Compact size	Quiet. Has tray on top for holding extra fruit. Has a juice container with pour spout	Small feed tube; fruit and vegetables have to be cut up first. The plastic was stained by the carrots. Several parts to clean
Juiceman Jr., ($149.99)	Very compact and lightweight	Good-size feed tube. Easy to clean	The plastic was stained by the carrots
Moulinex Juice Extractor, model M753 ($75)	Very compact and lightweight	Attractive design. Works well	Very loud. Flimsy side clamps
Krups VitaMight Juice Extractor ($100)	Compact and lightweight, sleek-looking	Has a juice container. Small and attractive. Works well	Small feed tube. Carrots stained plastic parts. Several parts to clean. On switch and flange on lid could break easily. Takes a while to stop rotating
Hamilton Beach Juice Extractor ($62.99)	Compact and lightweight	Has a juice container with pour spout. Has two speeds	Flimsy handles. Small feed tube. Plastic was stained by carrots

When you're cooking your best, nothing tastes better than real butter.

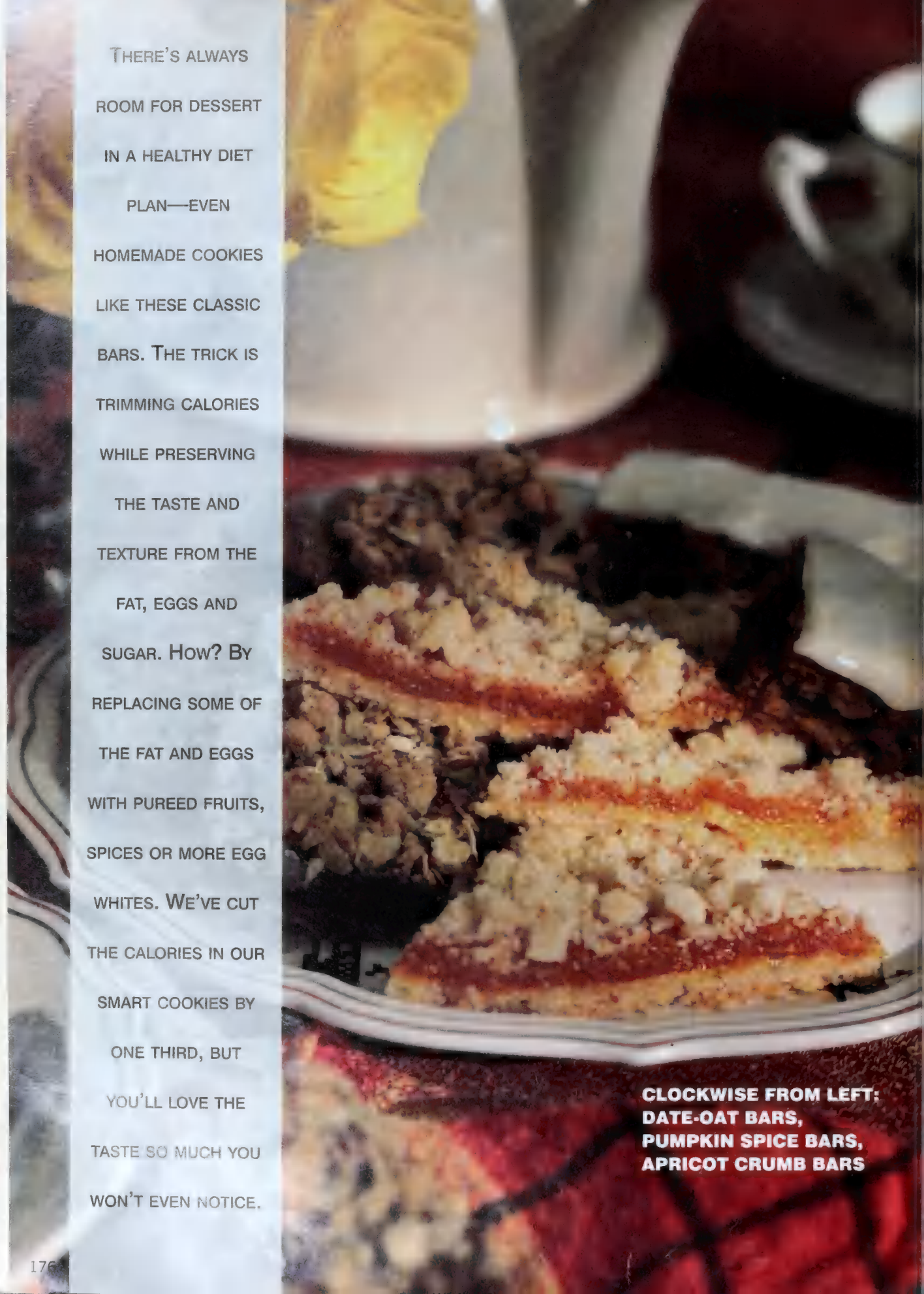
Pure, natural, great-tasting butter...its natural quality and great taste enhance any meal. When you're cooking your best, nothing makes it more special than the fresh, great taste of real dairy butter.

America's Dairy Farmers
National Dairy Board



)92 National Dairy Board.

THERE'S ALWAYS ROOM FOR DESSERT IN A HEALTHY DIET PLAN—EVEN HOMEMADE COOKIES LIKE THESE CLASSIC BARS. THE TRICK IS TRIMMING CALORIES WHILE PRESERVING THE TASTE AND TEXTURE FROM THE FAT, EGGS AND SUGAR. HOW? BY REPLACING SOME OF THE FAT AND EGGS WITH PUREED FRUITS, SPICES OR MORE EGG WHITES. WE'VE CUT THE CALORIES IN OUR SMART COOKIES BY ONE THIRD, BUT YOU'LL LOVE THE TASTE SO MUCH YOU WON'T EVEN NOTICE.



CLOCKWISE FROM LEFT: DATE-OAT BARS, PUMPKIN SPICE BARS, APRICOT CRUMB BARS


HEALTHY
FAMILY
MEALS
BEAUTIFUL BLONDIES,
SUPER-FUDGE BROWNIES,
ALL-TIME FAVORITE LEMON BARS

CORNMEAL PIE WITH BLACK BEANS



Budget recipe of the month *You won't miss the meat in this casserole—the beans and the cornmeal combine to form a complete protein, which means you get the same good nutrients that you get from meat. A spoonful of fresh, low-fat salsa turns up the heat and adds texture.*

Prep time: 25 minutes ▽○
Baking time: 20 to 25 minutes

1 tablespoon olive oil
2 1/2 cups diced onions
1 large red or green pepper, diced
1 teaspoon minced garlic
1 1/2 teaspoons chili powder
3/4 teaspoon cumin
1 cup drained canned whole tomatoes, cut up
2 cans (15 or 16 oz. each) black beans, rinsed and drained
1/4 teaspoon salt
1/4 teaspoon freshly ground pepper

Cornmeal Topping
3/4 cup all-purpose flour
3/4 cup yellow cornmeal
2 teaspoons sugar
2 teaspoons baking powder
2 teaspoons minced, seeded jalapeño or serrano chile
3/4 teaspoon salt
3/4 cup skim milk
1 large egg
3 tablespoons vegetable oil

Reduced-fat sour cream or plain low-fat yogurt

Heat oil in large skillet over medium heat. Add onions and peppers; cook, stirring occasionally, until tender, 8 to 10 minutes. Add garlic, chili powder and cumin; stir until blended. Reduce heat to low; add tomatoes; cover and cook 5 minutes. Add beans, salt and pepper. Spread mixture into 9-inch square casserole.

Cornmeal Topping: Preheat oven to 375°F. Combine flour, cornmeal, sugar, baking powder, chile and salt in medium bowl. Whisk milk, egg and oil in small bowl. Add to dry ingredients, stirring just until moistened (do not overmix).

Spread topping evenly over cooked vegetables. Bake 20 to 25 minutes, until edge is golden brown. Let stand 5 minutes. Serve with Corn and Tomato Salsa and sour cream. Makes 6 servings.

Per serving without salsa		Daily goal
Calories	355	2,000 (F), 2,500 (M)
Total fat	11 g	60 g or less (F); 70 g or less (M)
Saturated fat	1.5 g	20 g or less (F); 23 g or less (M)
Cholesterol	36 mg	300 mg or less
Sodium	845 mg	2,400 mg or less
Carbohydrates	51 mg	250 g or more
Protein	12 g	55 g to 90 g

FRESH CORN AND TOMATO SALSA

Total prep time: 10 minutes ▼▽○

2 cups chopped ripe tomatoes
3/4 cup fresh or frozen, thawed corn kernels
1/4 cup sliced green onions
2 tablespoons minced fresh cilantro
1/2 teaspoon minced garlic
1 teaspoon minced, seeded jalapeño or serrano chile
1 teaspoon fresh lime juice
1/4 teaspoon salt

Combine all ingredients in medium bowl; toss well to coat. Let stand at room temperature until ready to serve. Refrigerate any leftovers. Makes 3 cups.

Per 1/2 cup		Daily goal
Calories	30	2,000 (F), 2,500 (M)
Total fat	0 g	60 g or less (F); 70 g or less (M)
Saturated fat	0 g	20 g or less (F); 23 g or less (M)
Cholesterol	0 mg	300 mg or less
Sodium	99 mg	2,400 mg or less
Carbohydrates	7 mg	250 g or more
Protein	1 g	55 g to 90 g

INDIVIDUAL PEAR SOUFFLES



Food editor's choice *Pears packed in heavy syrup give this elegant, almost ethereal dessert maximum flavor. Brushing the dishes with butter lends richness with a minimum of fat.*

Prep time: 30 minutes ◒Ⓜ▼
Baking time: 12 to 15 minutes

1 tablespoon butter or margarine
6 tablespoons sugar, divided
3 cans (16 oz. each) pears in heavy syrup, drained
3 tablespoons pear schnapps or pear brandy
6 large egg whites, at room temperature
1/4 teaspoon cream of tartar
Pinch salt

In microwaveproof 4-ounce ramekin or custard cup, microwave butter on High 40 seconds. With pastry brush, lightly spread butter on bottom and sides of ramekin plus 7 more ramekins. Let stand until butter is cooled. Shake 2 tablespoons sugar all around ramekins to coat evenly.

Meanwhile, dice 1/2 cup pears; set aside. Puree remaining pears in food processor until smooth. Transfer pureed pears to large skillet and cook, stirring, over l heat, until mixture is thickened and l duced to about 1 cup, 20 minutes. Tr fer to large bowl and stir in pear schna

Preheat oven to 425°F. Beat egg wh in mixer bowl with cream of tartar and at medium speed until foamy. Incre speed to high. Gradually beat in rem ing 4 tablespoons sugar; beat to peaks. Stir one third of the whites into p mixture. Gently fold in remaining whites

Spoon half the mixture into prepa ramekins. Sprinkle with diced pear spoon remaining mixture on top. Pl ramekins on baking sheet. Bake 12 to minutes, until firm and browned. Serve mediately. Makes 8 servings.

Per serving		Daily goal
Calories	205	2,000 (F), 2,500 (M)
Total fat	2 g	60 g or less (F); 70 g or less
Saturated fat	1 g	20 g or less (F); 23 g or less
Cholesterol	4 mg	300 mg or less
Sodium	81 mg	2,400 mg or less
Carbohydrates	44 mg	250 g or more
Protein	3 g	55 g to 90 g

SPINACH-RICOTTA CALZONE



We used pizza dough from the refrige ed section of the supermarket to wrap this baked Italian sandwich. It's great take to work and reheat for lunch in the fice microwave.

Prep time: 15 minutes
Baking time: 18 to 20 minutes

Filling
1 teaspoon olive oil
1/2 teaspoon minced garlic
4 cups trimmed packed spinach
1 container (15 oz.) low-fat ricotta cheese
1/2 cup shredded provolone cheese
1/4 cup shredded carrot
1/2 teaspoon salt
1/8 teaspoon freshly ground pepper

1 pound prepared pizza dough

Filling: Heat oil in large skillet over me um-high heat. Add garlic and cook seconds. Add spinach and cook, stirri until wilted and all liquid is evaporated, minutes. Cool. Combine remaining filli ingredients in large bowl. Stir in spina Makes 3 cups.

Preheat oven to 425°F. Divide dou into quarters. Roll each quarter into inch circle. Spoon one quarter of the f ing onto one half of each circle, leavi 1-inch border. Moisten edge of circl fold unfilled half over filling and pre edges of dough with tines of fork to se Place on ungreased cookie sheet a bake 18 to 20 minutes, until *(continue*

Our Slow Roasted Turkey Is Moist And Tender.



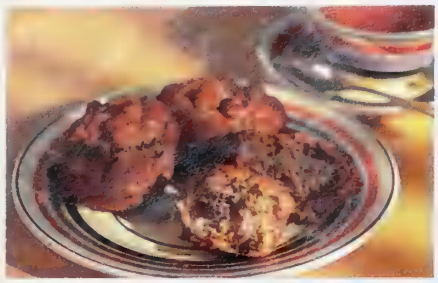
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tops are golden. *(Can be made ahead. Wrap individually and refrigerate up to 2 days. To reheat, unwrap and microwave on Medium—50% power—3 to 4 minutes.)* Makes 4 servings.

Per serving		Daily goal
Calories	495	2,000 (F), 2,500 (M)
Total fat	16 g	60 g or less (F); 70 g or less (M)
Saturated fat	7 g	20 g or less (F); 23 g or less (M)
Cholesterol	29 mg	300 mg or less
Sodium	1,139 mg	2,400 mg or less
Carbohydrates	59 mg	250 g or more
Protein	31 g	55 g to 90 g

BANANA BRAN MUFFINS



Fastest recipe of the month *Keep a supply of these in the freezer. Muffins are a boon to cholesterol counters: You won't use up your allowance of four whole eggs per week with these treats—each muffin contains only one twelfth of an egg.*

Prep time: 10 minutes plus standing ▼○
Baking time: 20 minutes

1 large egg, beaten
1 cup 100% bran cereal (not flakes)
1 cup mashed ripe bananas
3/4 cup raisins
1/2 cup skim milk
2 tablespoons vegetable oil
1 cup all-purpose flour
1/4 cup sugar
1 tablespoon baking powder
1/2 teaspoon cinnamon
1/4 teaspoon salt

Preheat oven to 400°F. Lightly coat 12 muffin-pan cups with vegetable cooking spray. In bowl, combine egg, cereal, bananas, raisins, milk and oil. Let stand 10 minutes.

In medium bowl, combine flour, sugar, baking powder, cinnamon and salt. Stir into banana mixture just until combined. Spoon into prepared muffin-pan cups. Bake 20 minutes or until toothpick inserted in center of muffin comes out clean. Serve warm or at room temperature. Makes 1 dozen.

Per muffin		Daily goal
Calories	145	2,000 (F), 2,500 (M)
Total fat	3 g	60 g or less (F); 70 g or less (M)
Saturated fat	0 g	20 g or less (F); 23 g or less (M)
Cholesterol	18 mg	300 mg or less
Sodium	229 mg	2,400 mg or less
Carbohydrates	30 mg	250 g or more
Protein	3 g	55 g to 90 g

SUNDAY'S ROASTED CHICKEN

This oven-baked feast is a nutritional bonanza: The subtly sweet stuffing abounds with fiber, the sweet potatoes with beta carotene and the broccoli with vitamin C. And according to the latest research, when chicken is baked with the skin on, the fat from the skin does not penetrate the meat. To keep the fat low, however, enjoy the moist, flavorful meat, but not the skin.

Prep time: 35 minutes plus standing ▼○
Cooking time: 2 to 2 1/2 hours

Bulgur Stuffing
2 teaspoons vegetable oil
1 cup minced onions
2/3 cup bulgur wheat
1 cup chicken broth, defatted* (see note on page 168)
1/4 cup diced dried apricots
1/4 cup raisins
1/4 cup chopped flat-leaf parsley
1 teaspoon grated orange peel
1/2 teaspoon freshly ground pepper

1 large roasting chicken (6-7 lb.)
Salt and freshly ground pepper
6 pounds sweet potatoes, scrubbed
1 1/2 pounds broccoli, trimmed, cut into large florets, steamed
1/2 cup white wine
1/2 cup chicken broth, defatted*

Bulgur Stuffing: Heat oil in medium saucepan over medium-low heat. Add onions; cover and cook, stirring occasionally, until tender, 5 minutes. Stir in bulgur and cook 1 minute. Stir in chicken broth, apricots and raisins. Bring to boil; reduce heat to low, cover and cook until broth is absorbed, 10 minutes. Stir in parsley, orange peel and pepper. Cool completely before stuffing chicken. Makes 2 3/4 cups.

One hour before roasting, remove chicken from refrigerator. Preheat oven to 350°F. Rinse chicken and pat dry. Fill cavity with stuffing and tie legs together with string. Sprinkle chicken with salt and pepper. Place in roasting pan and roast 2 to 2 1/2 hours, until thermometer inserted in thickest part of thigh registers 180°F. Meanwhile, arrange sweet potatoes in baking dish. After chicken has roasted 30 minutes, add sweet potatoes and bake 1 1/2 hours or until very tender.

Transfer chicken to serving platter and let stand 10 minutes before carving.

Pour wine and broth over drippings in roasting pan. Bring to boil over medium-high heat, stirring to scrape up browned bits; boil 2 minutes. Skim fat. Makes 1 1/3 cups.

Serve chicken with sauce, sweet potatoes and broccoli. Makes 6 servings.

Per serving with 3 oz. chicken		Daily goal
Calories	675	2,000 (F), 2,500 (M)
Total fat	12 g	60 g or less (F); 70 g or less (M)
Saturated fat	2 g	20 g or less (F); 23 g or less (M)
Cholesterol	76 mg	300 mg or less
Sodium	431 mg	2,400 mg or less
Carbohydrates	106 mg	250 g or more
Protein	35 g	55 g to 90 g

SPAGHETTI THREE WAYS

No more food fights for your finicky eaters! Our pasta with three toppings will leave 'em satisfied. Serve it with tomato sauce or use the sauce as a base for sausage and peppers or creamy ricotta cheese.

Prep time: 15 minutes ○
Cooking time: 38 minutes

2 teaspoons olive oil
1 cup finely chopped onions
1 tablespoon minced garlic
1 can (35 oz.) whole tomatoes
1 teaspoon sugar
1 teaspoon salt
1/4 teaspoon freshly ground pepper
1/4 teaspoon oregano
Pinch thyme
1 pound spaghetti, cooked according to package directions

Sausage and Peppers
1/2 pound sweet Italian sausages
1 green pepper, cut into strips
1/2 teaspoon red pepper flakes

Ricotta Topper
1 cup part-skim ricotta cheese
2 tablespoon freshly grated Parmesan cheese
2 tablespoons chopped fresh parsley
1/4 teaspoon salt
1/4 teaspoon freshly ground pepper

Heat oil in large skillet. Add onions; cov and cook, stirring occasionally, ov medium-low heat until tender, 5 minute Stir in garlic and cook 30 seconds. Ad tomatoes, sugar, salt, pepper, oregan and thyme. Bring to boil over mediur high heat; cook uncovered, breaking u tomatoes with spoon, 20 minutes. Tran fer sauce to bowl, reserving 1/2 cup f sausage and peppers. Toss remainin sauce with spaghetti. Makes 4 servings.

Per serving		Daily goal
Calories	515	2,000 (F), 2,500 (M)
Total fat	5 g	60 g or less (F); 70 g or less (
Saturated fat	1 g	20 g or less (F); 23 g or less (
Cholesterol	0 mg	300 mg or less
Sodium	964 mg	2,400 mg or less
Carbohydrates	101 mg	250 g or more
Protein	17 g	55 g to 90 g

Sausage and Peppers: Remove sausag from casings and crumble into large no stick skillet. Add green pepper and re pepper flakes; cook over medium-hig heat until sausage is browned and pepp is tender, 12 minutes. Drain; discard dri pings. Add reserved tomato sauce to sk let. Top each serving with 1/2 cup Sausag and Peppers.

Per serving		Daily goal
Calories	655	2,000 (F), 2,500 (M)
Total fat	15 g	60 g or less (F); 70 g or less (
Saturated fat	4 g	20 g or less (F); 23 g or less (
Cholesterol	32 mg	300 mg or less
Sodium	1,347 mg	2,400 mg or less
Carbohydrates	103 mg	250 g or more
Protein	26 g	55 g to 90 g

Ricotta Topper: Combine all ingredients bowl. Top each serving with 1/4 cup ricott

Per serving		Daily goal
Calories	615	2,000 (F), 2,500 (M)
Total fat	10 g	60 g or less (F); 70 g or less (
Saturated fat	4 g	20 g or less (F); 23 g or less (
Cholesterol	21 mg	300 mg or less
Sodium	1,234 mg	2,400 mg or less
Carbohydrates	104 mg	250 g or more
Protein	26 g	55 g to 90 g

BLACKENED SNAPPER WITH CORN RELISH

In this Creole-inspired dish, the fish rubbed with spices and (continue

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cooked in a cast-iron skillet. The corn-yogurt relish adds a cool note.
Prep time: 15 minutes ▼▽○
Cooking time: 8 to 10 minutes per batch

Corn Relish
- 1 cup fresh or frozen, thawed corn kernels
- 1/4 cup plain low-fat yogurt
- 3 green onions, sliced thin
- 1/4 teaspoon grated lemon peel
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper

- 2 teaspoons paprika
- 1/2 teaspoon minced garlic
- 1 teaspoon salt
- 1/2 teaspoon freshly ground pepper
- 1/4 teaspoon ground red pepper
- 1/4 teaspoon thyme
- 1/4 teaspoon oregano
- 4 red snapper fillets (6 oz. each)

Corn Relish: Combine all ingredients in small bowl. Cover and refrigerate until ready to use. Makes 1 cup.

In pie plate, combine paprika, garlic, salt, peppers, thyme and oregano. Dip each fillet into spice mixture to coat both sides. Heat large cast-iron skillet over high heat until smoking, about 3 minutes. Remove from heat. Coat skillet with vegetable cooking spray. Add fish, in batches if necessary, and cook until brown and crisp on both sides, 3 to 5 minutes. Transfer to serving platter. Serve with Corn Relish. Makes 4 servings.

Per serving		Daily goal
Calories	220	2,000 (F), 2,500 (M)
Total fat	3 g	60 g or less (F); 70 g or less (M)
Saturated fat	1 g	20 g or less (F); 23 g or less (M)
Cholesterol	64 mg	300 mg or less
Sodium	812 mg	2,400 mg or less
Carbohydrates	10 mg	250 g or more
Protein	37 g	55 g to 90 g

INDIVIDUAL EGGPLANT STRATAS

This meatless meal is reminiscent of your favorite (high-fat) eggplant Parmigiana. Here, the eggplant is oven-baked, then baked again in single servings with fresh tomatoes and cheese.
Prep time: 30 minutes ▽○
Baking time: 35 to 42 minutes

- 1 tablespoon plus 2 teaspoons olive oil
- 1/2 cup all-purpose flour
- 1 large egg plus 1 large egg white
- Salt and freshly ground pepper
- 1 cup dry unflavored bread crumbs
- 1 large eggplant (2 lb.), peeled, cut into 12 slices, 3/4 inch thick
- 1 container (15 oz.) part-skim or low-fat ricotta cheese
- 1/4 cup chopped fresh parsley
- 1 1/2 cups chopped fresh or canned, drained plum tomatoes
- 2 tablespoon chopped fresh basil
- 1/2 teaspoon minced garlic
- 1 cup shredded part-skim mozzarella cheese

Adjust oven rack to lowest position. Pre heat oven to 425°F. Cover baking she with foil and brush with 1 tablespoon oil.

Place flour in shallow bowl. Whis whole egg and egg white in another sha low bowl. Combine bread crumbs with pinch *each* salt and pepper in third bow Coat 1 slice eggplant lightly with flou shaking off excess. Dip into beaten egg t coat; drain excess. (Reserve any remainin egg for filling.) Dip eggplant into brea crumbs, turning to coat evenly. Place o prepared baking sheet. Bake 5 minute Carefully turn slices over and bake 10 t 12 minutes more, until golden brown an crisp. Reduce oven temperature to 375°F

Meanwhile, combine ricotta, parsle any remaining egg and 1/4 teaspoon eac salt and pepper in bowl. In another bow combine tomato, remaining 2 teaspoon oil, basil, garlic, 1/4 teaspoon salt and 1/ teaspoon pepper. Makes 12/3 cups each.

To assemble, place 1 slice eggplant i each of 6 small baking dishes or 10 ounce custard cups. Spread scant 1/3 cu ricotta mixture over each slice. Layer eac with 1 rounded tablespoon tomato mixtu and another slice. Spoon remaining toma to mixture over eggplant and top each wit 3 tablespoons shredded mozzarella.

Place stratas on baking sheet and bak 20 to 25 minutes, until cheese is melte and bubbly. Let stand 10 minutes befor serving. Makes 6 servings.



erving		Daily goal
es	340	2,000 (F), 2,500 (M)
at	14 g	60 g or less (F); 70 g or less (M)
ted fat	6 g	20 g or less (F); 23 g or less (M)
sterol	69 mg	300 mg or less
n	511 mg	2,400 mg or less
ydrates	35 mg	250 g or more
n	19 g	55 g to 90 g

EAK AND SLAW SANDWICH

st-kitchen favorite *Steak and pota- can be a healthy choice: Just select ner cuts and extend a three-ounce serv- of meat with carbohydrates—in this nu, the slaw, bread and potatoes. Our n-baked fries skip the fat of the deep- d version but pack the same great flavor.*

p time: 15 minutes ▼▽○

oking time: 12 minutes

N

tablespoon rice vinegar
teaspoons Dijon mustard
teaspoon sugar
teaspoon vegetable oil
/2 teaspoon minced jalapeño chile
alt and freshly ground pepper
cups finely shredded red cabbage
green onions, sliced thin

Rub

/2 teaspoon paprika
/4 teaspoon cumin
/4 teaspoon dry mustard
/8 teaspoon ground red pepper
inch thyme
alt and freshly ground red pepper

pound top or bottom round, 1 inch thick (London broil), trimmed
8 thick slices crusty Italian bread, toasted

Slaw: In medium bowl, combine vinegar, mustard, sugar, oil, chile, 1/4 teaspoon salt and 1/8 teaspoon pepper. Add cabbage and green onions. Toss well to coat; set aside. Makes 1 3/4 cups.

Dry Rub: Combine all ingredients in bowl.

Heat cast-iron skillet over medium-high heat until almost smoking, about 5 minutes. Sprinkle beef with Dry Rub. Add to skillet and cook 6 minutes per side for medium-rare. Let stand 5 minutes. Slice beef very thin and divide evenly among 4 bread slices. Top with slaw and remaining bread. Serve with Oven-Roasted Fries. Makes 4 servings.

Per serving		Daily goal
Calories	295	2,000 (F), 2,500 (M)
Total fat	5 g	60 g or less (F); 70 g or less (M)
Saturated fat	1 g	20 g or less (F); 23 g or less (M)
Cholesterol	49 mg	300 mg or less
Sodium	592 mg	2,400 mg or less
Carbohydrates	36 mg	250 g or more
Protein	25 g	55 g to 90 g

OVEN-ROASTED FRIES

Prep time: 10 minutes ▼▽○
Cooking time: 20 to 25 minutes

2 teaspoons olive oil, divided
4 large baking potatoes (2 1/2 lb.), scrubbed
1 teaspoon salt
1/4 teaspoon freshly ground pepper

Preheat oven to 450°F. Line cookie sheet with foil; brush with 1 teaspoon oil. Cut potatoes lengthwise into 1/2-inch-thick wedges. Transfer to large bowl. Add remaining 1 teaspoon oil, salt and pepper; toss. Spread potatoes in single layer on prepared cookie sheet. Bake 20 to 25 minutes, until golden and crisp. Serve immediately. Makes 4 servings.

Per serving		Daily goal
Calories	230	2,000 (F), 2,500 (M)
Total fat	2.5 g	60 g or less (F); 70 g or less (M)
Saturated fat	.5 g	20 g or less (F); 23 g or less (M)
Cholesterol	0 mg	300 mg or less
Sodium	705 mg	2,400 mg or less
Carbohydrates	47 mg	250 g or more
Protein	6 g	55 g to 90 g

A collection of dream desserts—luscious bar cookies that are rich in flavor and stingy with fat.

ALL-TIME FAVORITE LEMON BARS

Prep time: 12 minutes ▽○
Baking time: 30 minutes

Crust

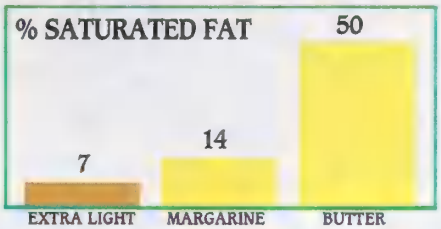
1 cup all-purpose flour
1/4 cup confectioners' sugar
1/2 teaspoon grated lemon peel
1/3 cup margarine, cut up*
1 tablespoon ice water

Lemon Topping

1 large egg
2 large egg whites
1/4 cup lemon juice
1/4 cup reduced-fat sour cream
2/3 cup granulated sugar
1 tablespoon flour
1/4 teaspoon baking powder *(continued)*

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Healthy family meals

continued

Confectioners' sugar

Crust: Preheat oven to 375°F. Line 9-inch square baking pan with foil and lightly coat with vegetable cooking spray. Combine flour, sugar and lemon peel in bowl. With pastry blender or 2 knives, cut in margarine until mixture resembles fine crumbs. Gradually add ice water, tossing with a fork, until pastry is moistened. (Pastry will still be crumbly.) Firmly pat pastry evenly on bottom of prepared pan. Bake 20 minutes or until golden.

Lemon Topping: Meanwhile, whisk egg, egg whites, lemon juice and sour cream in bowl until smooth. Whisk in granulated sugar, flour and baking powder.

Immediately pour topping over crust. Bake 10 minutes more or until topping is just set. Cool in pan on wire rack. Remove from pan by lifting foil. Sprinkle top with confectioners' sugar. Cut into quarters, then cut each quarter into 4 triangles. Peel off foil. Makes 16.

Per cookie		Daily goal
Calories	120	2,000 (F), 2,500 (M)
Total fat	5g	60 g or less (F); 70 g or less (M)
Saturated fat	1 g	20 g or less (F); 23 g or less (M)
Cholesterol	15 mg	300 mg or less
Sodium	62 mg	2,400 mg or less
Carbohydrates	17 mg	250 g or more
Protein	2 g	55 g to 90 g

BEAUTIFUL BLONDIES

Prep time: 15 minutes ▽○
Baking time: 25 to 30 minutes

1 cup all-purpose flour
1/4 teaspoon baking powder
1/4 teaspoon salt
1/3 cup margarine*
1/2 cup firmly packed dark brown sugar
1/4 cup dark corn syrup
2 large egg whites
1 1/2 teaspoons vanilla extract
1/4 cup miniature chocolate chips
2 tablespoons finely chopped pecans

Preheat oven to 350°F. Lightly coat 8-inch square baking pan with vegetable cooking spray. Combine flour, baking powder and salt in bowl. Beat margarine, sugar and corn syrup in mixer bowl at medium speed. Beat in egg whites and vanilla until well blended. At low speed, gradually add dry ingredients until just combined. Stir in chocolate chips.

Spread batter in prepared pan. Sprinkle top with nuts. Bake 25 to 30 minutes, until top is golden and toothpick inserted in center comes out clean. Cool in pan on wire rack. Cut into squares. Makes 16.

Per cookie		Daily goal
Calories	125	2,000 (F), 2,500 (M)
Total fat	5 g	60 g or less (F); 70 g or less (M)
Saturated fat	1 g	20 g or less (F); 23 g or less (M)
Cholesterol	0 mg	300 mg or less
Sodium	103 mg	2,400 mg or less
Carbohydrates	18 mg	250 g or more
Protein	1 g	55 g to 90 g

SUPER-FUDGE BROWNIES

Prep time: 20 minutes plus cooling ▽
Baking time: 18 to 22 minutes

1/2 cup all-purpose flour
1/3 cup unsweetened cocoa powder
1/4 cup non-fat dry milk powder
1/4 teaspoon baking soda
Pinch salt
1/2 cup drained, pitted prunes in heavy syrup
1/2 cup granulated sugar
1/4 cup margarine,* melted
1 large egg
2 teaspoons vanilla extract

Icing
1/2 teaspoon instant coffee
1 tablespoon boiling water
1/2 cup confectioners' sugar

Preheat oven to 350°F. Lightly coat 8-in square pan with vegetable cooking spr Sift flour, cocoa, dry milk powder, bak soda and salt into bowl.

Puree prunes and sugar in food proc sor; transfer to large bowl. Whisk in m garine, egg and vanilla. Stir in ingredients until just blended.

Pour batter into prepared pan. Bake to 22 minutes, until top is just set. Coo pan on wire rack. Drizzle top with ici Let stand 30 minutes. Cut into squa Makes 16.

Icing: Stir coffee and water in bowl. Wh in sugar until smooth.

Per cookie		Daily goal
Calories	100	2,000 (F), 2,500 (M)
Total fat	4 g	60 g or less (F); 70 g or less
Saturated fat	1 g	20 g or less (F); 23 g or less
Cholesterol	13 mg	300 mg or less
Sodium	65 mg	2,400 mg or less
Carbohydrates	17 mg	250 g or more
Protein	2 g	55 g to 90 g

APRICOT CRUMB BARS

Prep time: 25 minutes ▽
Baking time: 35 minutes

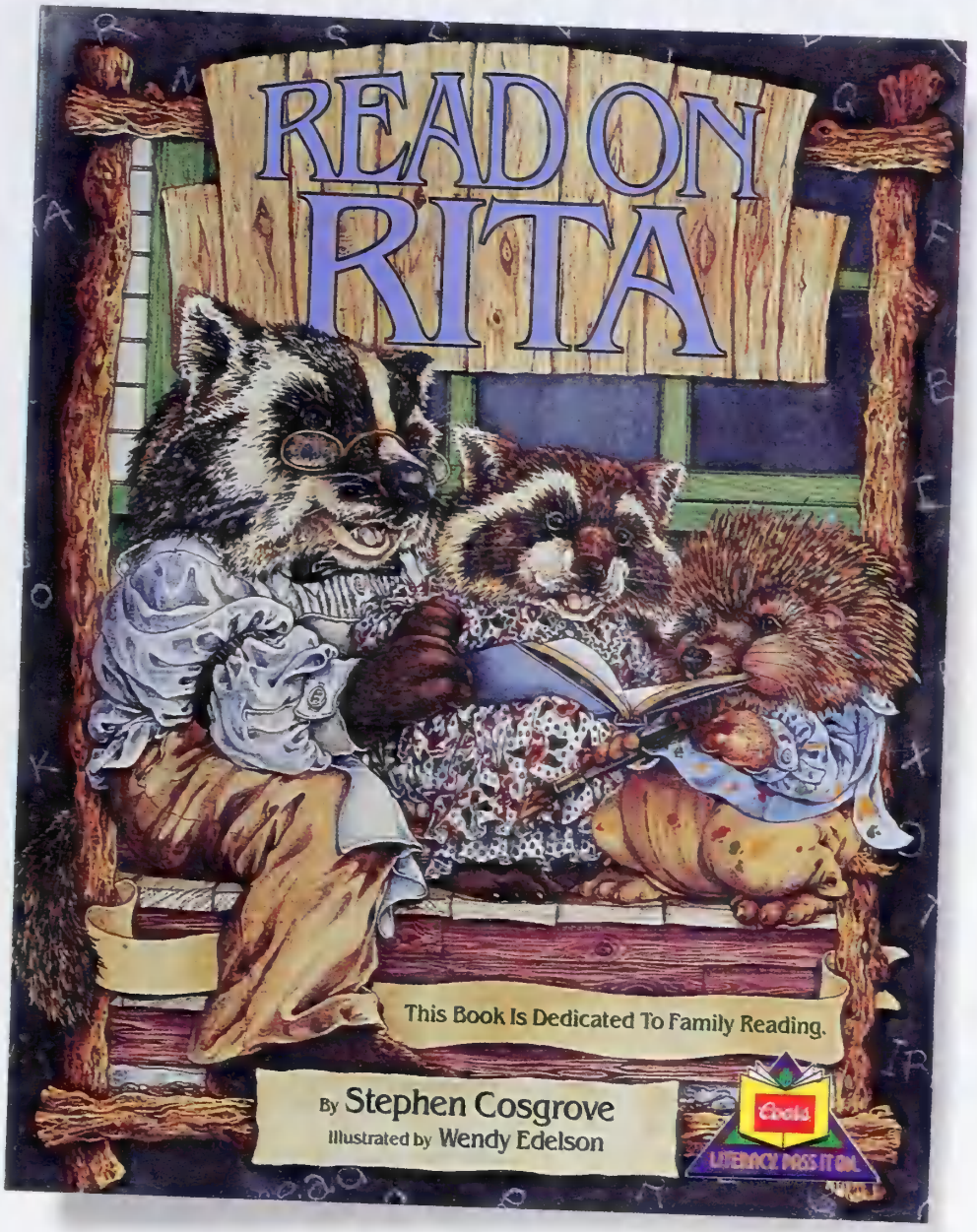
Filling
1 cup dried apricots
Water
3 tablespoons sugar

Crust
2 large amaretti cookies (5 teaspoon crumbs)
1/4 cup toasted slivered almonds
1 cup all-purpose flour
1/4 teaspoon grated lemon peel
Pinch salt
1/3 cup margarine*
1/2 cup sugar

Filling: Combine apricots with water cover in small saucepan. Bring to boil, duce heat and simmer 10 minutes. Ca fully transfer 2 tablespoons cooking liq to food processor. Drain apricots a transfer to food processor; add sugar a process until smooth. Cool completely.

Crust: Preheat oven to 350°F. Line 9-in square baking pan with foil and lightly c with vegetable cooking spray. Combi amaretti cookies and almonds in food p cessor; process until ground *(continue*

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You asked for it!

Dear Readers:

Even our own food editors ask for recipes when they sample truly sensational restaurant fare. Associate Food Editor Susan Westmoreland dined at Magnolias, in Charleston, South Carolina, recently, and she raved about the Spicy Shrimp and Sausage over Creamy Grits with Tasso Gravy. Chef Donald Barickman was delighted to share the recipe, an innovative take on a Charleston tradition, shrimp and grits with gravy.

Tasso, a spicy smoked pork of Cajun origin that is similar in texture to country ham, may be hard to find outside the South. Westphalian or Black Forest ham works well in this recipe, as do old-fashioned grits if you can't find the coarse-ground variety.

recipe index

Here is a listing of recipes appearing in this issue, including those from the Journal kitchen and advertisements. Advertisers' recipes appear in boldface. Recipes marked with an asterisk include microwave instructions.

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TRUE GRITS

Rinse 1⅔ cups coarse-ground grits und cold water; drain. In saucepan, bring 2 can (13¾ oz.) chicken broth and enough wat to equal 6 cups to boil. Add grits, return boil and simmer, stirring occasionally, 2 minutes. Add ⅓ cup heavy cream and teaspoon *each* salt and pepper. Cook, st ring occasionally, over low heat, 15 to 2 minutes. (If mixture becomes too thick, ac ½ cup water.) Cover and keep warm.

Tasso Gravy: Meanwhile, melt 2 tabl spoons butter in saucepan over low hea Add ¼ cup flour and cook, stirring, un golden brown, 5 to 7 minutes. Gradual whisk in 2 cups chicken broth. Bring boil and simmer 10 minutes. Add ½ cu julienned tasso. Cover and keep warm.

Heat skillet over medium-low heat. Ac 1 pound sweet Italian sausage and coo through, turning occasionally, until browne 15 to 20 minutes. Remove and slice inch thick. Wipe skillet clean. Melt 1 tabl spoon butter in skillet over medium hea Add 1 pound medium shrimp, peeled an deveined, and cook 2 minutes. Add Tass Gravy, sausage, ¼ cup heavy cream an ¼ teaspoon pepper. Simmer 2 minutes.

Serve grits in bowls topped with grav shrimp and sausage. Makes 6 servings.



ORIENTAL SEAFOOD STIR-FRY

1 pkg. Louis Kemp *Crab Delights*® flakes
1 pkg. (10 oz.) frozen Birdseye®oriental-style vegetables with seasoning
⅛ tsp. *each* garlic powder and ground ginger
Soy sauce, optional

Combine *Crab Delights*, vegetables with seasoning, garlic and ginger. Heat according to directions on vegetable package. Stir and serve. Season with soy sauce, if desired.

Makes 3 servings.

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lary Clinton

inued from page 126

." The candidate's wife beams back. ll and I loved *Patriot Games*."

A spontaneous encounter like this retty rare for Hillary nowadays. This r she's logged countless miles around country, making innumerable sales s on voters who have the power to mote her husband from fifth-term ansas governor to president. Trim, rgetic, with the ramrod posture of .S. Marine, her blond flip (no longer hored by the infamously preppy head-d) remains firmly in place as she kes the hands of countless strangers l delivers a series of off-the-cuff ecracks with the skill of a seasoned ge performer.

Peering at a state-of-the-art sewing chine on display at a convention, she s dryly, "My *mother* is a great sewer." a voter-information booth in Florida, hugs a lifesize cardboard cutout of husband, joking, "Can I take it with ? You know, I don't get to see much of these days."

Hillary's humorous stamina is even re remarkable considering that this been one of the roughest campaigns nemory for a presidential candidate's e: front-page stories about her hus-d's alleged infidelity, his supposed draft-dodging, his admitted use of marijuana and his insistence that he didn't inhale it.

Hillary, forty-four, has been dogged, too, by some embarrassing incidents of her own: her emphatic statement, on a post-Superbowl *60 Minutes*, that she was not "some little woman standing by my man like Tammy Wynette." (Four days later, she apologized to the country star.) And her remark that she had chosen a career for herself, instead of staying at home and baking cookies. (A quick clarification followed on her views of full-time homemakers.)

Since those painful days, though, she has proved that dogged persistence—as well as charm and simple street smarts—can eventually overcome the sniping. In the process, she's become startlingly popular and, to a lot of voters, more substantive and appealing than her husband. Says one veteran Clinton observer, "Hillary *is* the campaign."

Indeed, campaigning has been a big part of Hillary's life ever since 1978, when her husband became governor of Arkansas at the age of thirty-two. When he lost a re-election bid in 1980, far from being discouraged, she fought back harder than ever. She even got a glamorous makeover—newly blond hair, contact lenses and a sleekly fashionable wardrobe—in order, some observers maintain, to be more appealing to voters.

Hillary doesn't see it quite that way. "Absolutely absurd," she scoffs. "I've had my hair a million different ways. Short, long, straight, frizzy, Afro." She wore contacts as a teenager, she says, "but they made me tear and cry." Years later, when she finally found the right soft lenses, she says dismissively, "It had nothing to do with Bill Clinton's career." Still, he won the next time around.

The all-American girl

At least some of Hillary's flinty determination can be traced to her father, a drapery-shop owner who steadily pushed her to achieve. At report-card time, Hillary remembers affectionately, "My mother would say, 'Oh, that's wonderful, dear.' My father would say, 'Is this the best you can do?' "

Her childhood, in a middle-class Chicago suburb, is reminiscent of a series of Norman Rockwell tableaux: Brownies. Girl Scouts. Piano lessons. Ballet lessons. Swimming in the summer. Ice-skating in the winter.

So confident was Hillary Rodham made by her "nurturing, supportive" environment that in her early teens, in the pre-feminist 1960s, she wrote to NASA and asked them how to become an astronaut. The agency replied, she recalls wryly, that they *(continued)*

"weren't taking any girls." The memory still irks her. "I couldn't believe it," she says.

She went to Wellesley instead, where her fiery graduation speech was reported in national magazines, and to law school at Yale, where she met the man who would change the course of her life. She worked for a while in Washington at an organization that would later become the Children's Defense Fund; a year later, in 1974, during the Watergate crisis, she joined the House Judiciary Committee impeachment staff. Then she amazed all her friends—and appalled some—by leaving to teach law in Arkansas, like Bill Clinton.

Two years later, they married; Clinton pursued his political career, and Hillary was hired by a major law firm in Little Rock. In 1979 she became the firm's first female, and the first pregnant, partner. Her daughter, Chelsea, arrived three weeks early, by caesarean.

Those who know Hillary best agree that it was a rare instance of events controlling her, rather than vice versa.

The working mom

Yet Hillary—whose 1991 earnings were in the $180,000 range and who has twice been named one of the hundred most influential lawyers in America—insists that what the media has ignored most is "how much in common I have with most women. People say, 'Oh, my gosh, her husband's running for president; she's a lawyer and she's this or that.' " But she sees herself, she says, as "a working mother trying to balance all these responsibilities, very much like those that are faced in millions of American homes."

True, most of those homes aren't quite as elaborate as the Clintons', a sprawling red-brick governor's mansion. And most children don't have, like twelve-year-old Chelsea Clinton, a live-in baby-sitter who occupies a residence on the gubernatorial compound.

But in her concern for her child, Hillary shows a touching similarity to millions of other mothers. During one eloquent speech, she says, "No matter how hard I might work in my legal profession, I'm still constantly worrying about what happens to our daughter. I worry when she's well, and I worry that maybe she's too well—she doesn't have enough childhood illnesses! I worry all the time. That's one of the occupational hazards of being a mother."

Throughout the campaign, she has tried to get home every three or four days. Sometimes, after a particularly arduous series of appearances, she ha stayed for a week, driving Chelsea to ba let lessons and trying not to fret to much about what she is wearing t school. And on weekends, when there no cook-housekeeper in the governor mansion, Chelsea goes grocery sho ping with whichever parent happen to be home. "There's nothing more in portant to me," Hillary says, "tha my daughter."

The women who know her best thin she's as good a friend as she is a mothe Investment banker Susan Fleming say "The greatest gift Hillary can give yo is her time, and she's just real generou with that."

Another friend, political-science pr fessor Diane Blair, says she and Hilla "have always done a lot of laughing t gether. She sees humor in almost ever thing: the hilarious things your kids sa Women talk, your bodies. How you s yourself becoming your mother."

Some of Hillary's critics, of course, s her in a very different way—as a tac lessly outspoken, driven woman who using her husband as a surrogate for h own political ambition: John Brummet for instance, a columnist for the *Arkans Democrat-Gazette*, who wrote that "t Campaign Medal of Honor should g to the person who managed to get muzzle on her."



campaigner

kes a lot of self-possession to remain lm in the face of such hostile public cism; Diane Blair speaks admiringly er friend's "spiritual resources that her the ability to withstand the hest adversity. The times I would thought she'd be in a rage, I find lmost serene."

it even Hillary has some off mo- ts, and in this campaign, they're es- ally apt to occur when she's dealing the media. A photographer who her to pose one afternoon clearly ir- es her, and her annoyance mounts each step down the long hall from otel room. "I didn't expect to have a al picture," she says angrily. "By the we get it done, I'll be late."

t the photographer's chosen spot be- the hotel, a breeze lifts a few strands er hair. "I would have put on a hair- if I'd known about this," she says.

Would you mind crossing your s?" the photographer pleads.

don't want to," Hillary snaps. And doesn't.

ater on, she reluctantly agrees to be rviewed by a reporter before board- a plane for the short ride home to le Rock. "Let's finish this up quick- she says, without a trace of the smile flashes so often to voters.

er tartness is, perhaps, understand- given the number of interviews she given and the number of times she answered the same questions. Asked t has surprised her most about the paign, she shoots back, "Gee, I think biggest surprise is what a disconnec- there is between what *people* ask me how the campaign is covered."

he has learned an important lesson, says, from her Tammy Wynette and and-cookies fiascos. Now, she skill- serves her opinions in the seven- or t-second sound bites TV requires. ey're not going to put anything in ext," she says, "so you have to do yourself."

er attitude toward campaigning itself uch more enthusiastic. In one of York's Italian neighborhoods, she a cheerful lunch with ten local peo- telling them Arkansas anecdotes in hange for their tales of the Bronx. , that's what I wish I could do all day y day," she says afterward. "I feel so athetic with people when I get a ce to get off the TV circuit. I mean, was a *great* day."

s for any disappointing polls, less- -glowing reports, or negative stories, ary pays as little attention to them as ible. One day, while skimming the y newspapers on yet another plane she finds a story on a Little Rock hall, Slick Willy's, that inspired the gatory nickname for her husband. ther talks about Clinton's lagging popularity and his campaign's cash shortage. Not a pleasant read, but Hillary finds a use for the papers, anyway. Arranging them over her like a blanket, she stretches out for a spur-of-the-moment nap.

The visionary

Whatever irritating or exhausting moments Hillary endures on the campaign trail seem to vanish, finally, when she is in front of a crowd, speaking her mind, not worrying whether her speeches will fit into a neatly packaged TV report.

"Policy will follow truly changed attitudes," she tells an audience at a packed luncheon in New York, urging them to elect more women to office, and to support comprehensive changes in education, health and child-care policies.

She also offers a surprisingly caustic analysis of how women are viewed, undoubtedly thinking of the criticism she herself has received. "The rules [for women] that prevail all too often in our society go something like this: If you grow up and you don't get married and you don't have children, you're an oddball. If you get married and don't have children, you're a selfish yuppie. If you get married, have children and go out into the work world as well, you're a bad mother. And if you get married, have children and stay at home, you've wasted your education."

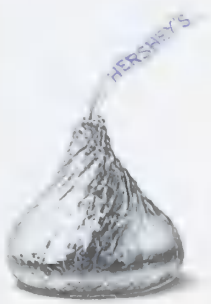
As she speaks, her voice grows stronger and more passionate. "I hope that during this year of the woman the energy and the commitment and the persistence of millions of women to change these attitudes will lead to an explosion of opportunity and a new respect that all women deserve to have.

"This change may not get headlines in news coverage. But I think that's what's going on underneath. And I welcome it. I don't mind being one of the shock troops for it, because I think for my daughter and for all of our daughters what is at stake is finally finishing the work that our mothers started—to give women the right to be full people, to take responsibility for themselves, however they define their lives."

The audience of New York media executives applauds for nearly three minutes straight, an unusual accolade from such a group. Hillary smiles in satisfaction, returns to her seat—and, after a few moments, leaving her meal untouched, begins working the room, meeting dozens of her admirers one by one. After all, you can almost hear her thinking, in the midst of the most important election in the Clintons' lives, *There's still a lot of campaigning to do here.* ■

Catherine Breslin is a New York–based writer and the author of "First Ladies" (McGraw-Hill, 1987), a novel about two contemporary rivals for the job.

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KISSES® WITH ALMONDS

continued from page 127

at a White House reception and broke it, sending food and china crashing to the floor. And she'll interlace sunny projections of the economy, the environment, and the President's plans for the country, with vignettes of First Dog Millie.

The First Lady's sense of humor and her willingness to talk about such embarrassing subjects as the disastrous state dinner in Japan come as no surprise to her friends. "Bar," as intimates call her, is the wit of the Bush White House. She's also a world-class mimic who can impersonate "anybody," according to her sister-in-law, Nancy Ellis. "A grandchild, a brother or sister, or Gorbachev."

Friends and family rock with mirth over her impersonation of Nancy Reagan, among others. "She could go on the stage!" says former Congresswoman Shirley Pettis Roberson.

An influential woman

Clearly, the grandmotherly image that most Americans have of Barbara Bush is only part of the picture. The real Barbara, says one person who has observed her up-close for a dozen years, "is not only far funnier, but much more powerful, and far more complicated, than most people are ready for."

Barbara herself knows this only too well. In the sixties, after, as she said, "I lost George hundreds of votes," she learned that a political wife's creed is like a doctor's: First, do no harm. "I muzzled myself about 1967, when George went into the Congress," she confesses.

Some grumble that she's not outspoken enough to her husband about the issues she cares about, like abortion and equal rights. Intimates, however, believe that she gives him "a terrific earful" when nobody's around.

But Barbara does not wish to be seen as the power behind the throne. Her political instincts, she insists, are "around zero. The truth is, I'm lip-syncing," she'll claim.

Yet the President's campaign handlers know that she gets louder cheers—and probably raises more funds—than George himself. And she was the one chosen to deliver a prime-time speech on the importance of family life at the Republican convention in August.

She says she influences her spouse only "by osmosis," but at least two current cabinet members—Jack Kemp, Secretary of Housing and Urban Development, and Louis Sullivan, Secretary of Health and Human Services—are her friends. And when she was asked during the last campaign if she'd offer a vice-presidential recommendation to her husband, she asked, "Who's to say I haven't?" In fact, friends imply that she may have been among the swarm buzzing that a replacement for Vice-President Dan Quayle would enhance George's chance this time around.

But Barbara won't even hint at substance in public. Some might call her self-imposed silence muzzling; to others it's simple wisdom. As Letitia Baldrige, longtime Bush family friend and White House chief of staff for Jackie Kennedy and advisor to several First Ladies, including Nancy Reagan, points out, "Barbara Bush is the best-prepared First Lady in history."

After all, as the wife of an eight-year vice-president—who before that was a congressman, U.N. Ambassador, chairman of the Republican National Committee, U.S. liaison to China and CIA chief—she knows the Capital better than most of its residents. Over the decades, she's shown the ropes to hundreds of newcomers, including Liz Taylor (during her marriage to Senator John Warner).

There seem to be no bounds to what Barbara can accomplish. How many other First Ladies (a term she despises, as did Jackie Kennedy before her) know how to repair a car engine, needlepoint an exquisite room-size carpet (which she began in China and which now reposes on the White House family sitting-room floor), rewire a light fixture, or grow a perfect perennial garden from scratch?

Barbara Bush insists that her political instincts are "around zero." Yet the President's campaign handlers know that she gets louder cheers—and probably raises more funds—than George himself

At the same time, she's a model of decorum who believes in doing the right thing. Once voted one of the ten best-mannered Americans, her manners grew out of a code implanted early, she explained to a twelve-year-old talk-show host in Boston this year. "My father said, 'It's nice to be natural, and you're naturally nice,' " she said, "meaning, don't put on airs. 'Never lie, because you'll always get caught. Look outward, don't look in. Don't think of yourself. If someone is hurting, you should hurt a little bit, too.' "

The last piece of advice is something she followed to the letter during the Gulf War. Until its end, she wore a roughly hooked penitential bracelet night and day, to remind her of the travails of the soldiers in the field. She told friends, "It snags your clothes and cuts into your arm at night, so you do remember."

At home in the White House

Barbara Bush is nothing if not disciplined. She and George both get up at five-thirty every morning. They comb the daily papers together—*The Washington Post, The New York Times, The Washington Times*, the *Wall Street Journal*, the *New York Post*, the *New York Daily News* and *USA Today*—reading items aloud.

Bar is the better listener. "I read George a whole item in the paper," she said recently. "Four minutes later, he read me the whole item back. It's so typical of men—or this man, anyway."

She also devotes plenty of time each day to staying in shape. Until a couple of years ago, when Graves' disease and the medications to treat it took their toll, she played her tennis, fast, furious and fearlessly, and hurled herself into dawn-to-dusk gardening chores. She still swims forty minutes a day—and gets grumpy if she doesn't, say friends. Also, she recently took up golf again after a twenty-year hiatus, when George mentioned casually that if only she played, they could tee off together in Kennebunkport—which they now do, at five A.M.

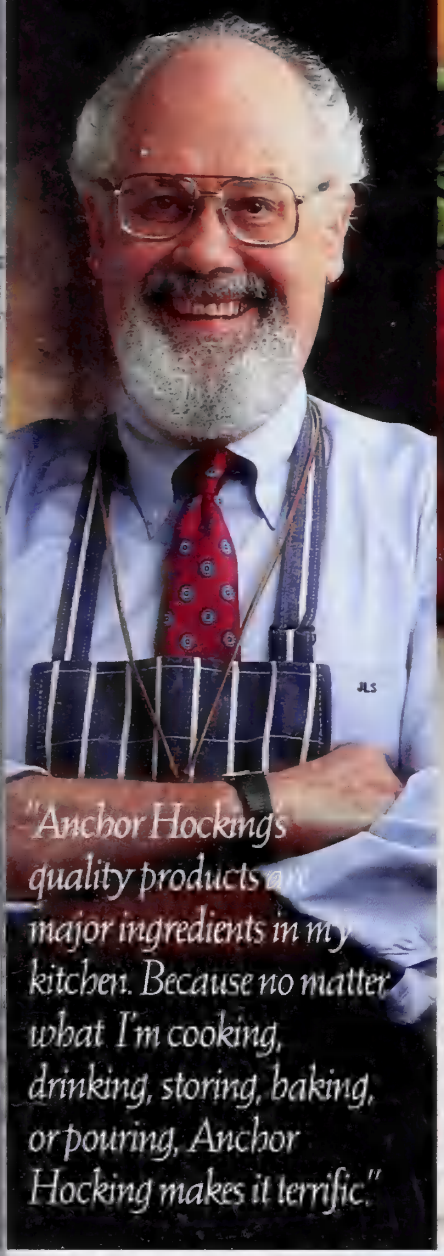
In light of all her activity, Barbara hurt to be perceived as "everyone's grandma" or as a frump. "I dress very well," she once said. "I just don't look so good."

While she's no Nancy Reagan clothes horse—it's hard to think of Nancy wearing her reading glasses held together by a safety pin, as Barbara did during a newspaper interview in May—she doesn't whip up her clothes on the family Singer sewing machine, like Rosalynn Carter. She has a vast wardrobe of Arnold Scaasi evening clothes and Bill Blass suits, and plans her wardrobe meticulously each week for her round of events, many of them associated with the various causes she works for, ranging from literacy to teenage-pregnancy prevention. Her hairdresser attends her regularly, sometimes as often as three times a day. A makeup artist plies her skills before events with close-up photographers. On the road, her clothes are perfectly pressed, even if she must iron them herself.

When she's not busy attending a charity or political function, one of Barbara's morning chores is typing the diaries she's kept all George's political life into her computer. "There's not a mean word in them," Barbara insists. "They're so dull you can't believe it." Yet after she types in each page, she rips up the original.

"She learned her habits from George's mother," says Bar's stepmother, Willie Pierce. "Getting up at dawn to plan, pigeonholing everything and *(continued*

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Gardener's Salad*

1 cup peeled and julienned carrots
1 cup julienned green beans
1/2 cup frozen peas
1 cup julienned green zucchini
1 cup julienned yellow zucchini
1/2 cup chopped white onion
1/2 cup cored and julienned red sweet bell pepper
Lettuce cups for serving

Dressing:
2 Tbsp. chopped parsley
3/4 cup olive oil
2 Tbsp. white wine vinegar
Juice of 1 lemon
Salt and freshly ground black pepper to taste

In a large pot of simmering water, blanch the carrots, beans, and peas for a few minutes. Drain. Rinse in cold water to stop the cooking process. Drain again. In a large Anchor Hocking Pop-Top Storables® bowl, toss the blanched vegetables with the zucchini, onions, and peppers. Mix together dressing ingredients; add to vegetables and toss well. Store and refrigerate in the same bowl. Serve in lettuce cups, or store in 2-cup Pop-Top Storables for easy, portable lunches. ANCHOR HOCKING

* From *The Frugal Gourmet's Culinary Handbook.*



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throwing things away when they're finished. She was very, very close to George's mother."

"Miss Dorothy was her role model," agrees old friend Maryon Allen, the widow of Senator James Allen (D-Alabama). She recalls Dorothy Bush as "funny, sharp-tongued, witty. They were crazy about each other. And George adored her, too. One time, when George was in China in the seventies, Bar gave George his mother for Christmas. She came back to Washington and celebrated with her girlfriends, saying she knew how much George would love to have his mother for Christmas. Wasn't that sweet?"

However, some believe Bar's gift had a practical angle. Her husband's personal assistant in Peking was British-born, then–forty-two-year-old former Nixon aide, Jennifer Fitzgerald, who has been linked romantically to George by *Spy* magazine, among other publications. It was, perhaps, a crisis in the Bush marriage, and Bar had summoned Miss Dorothy to thump some sense into her son.

Whether or not the rumors were true, Barbara was severely depressed upon her return from China in 1976. "I would feel like crying a lot, and I really, painfully hurt," she said in 1990 of that time. (She ascribed her pain to being cut out of George's confidence because of his CIA job—to which Jennifer followed him.) "And I would think bad thoughts. It was not nice." Yet this spring, when an interviewer mentioned her husband's rumored infidelity, Bar remarked, "Funny, nobody ever asks if *I've* fooled around."

Barbara has since transcended any marital troubles. "The President and I are closer this year than we were last, and last year than the year before," she says.

In fact, her press secretary, Anna Perez, knows that she'll get home to her own family each night, even after a tough day of travel, "because my boss will move heaven and earth to sleep next to George Bush." And Frank Murray, the *Washington Times* reporter who covers the First Lady closely, observes, "She gives him the look of a woman who's about to go down the aisle tomorrow."

Barbara not only adores her mate, she believes utterly in the joy, the *necessity* of marriage. "We'll have to find you a nice man," she fusses to young female staffers or friends' daughters. She likes to parade happily married couples in front of bachelors like Supreme Court Justice David Souter. She has been known to seat likely matrimonial prospects next to each other, even at formal state dinners.

She also prides herself on being a terrific mother-in-law. She's still deeply fond of Billy LeBlond, daughter Doro's ex-husband, but it doesn't stop her from being fiercely protective of Doro's new husband, Bobby Koch, a former staffer for Democratic Congressman Richard Gephardt.

At a state dinner before the couple got engaged, Marilyn Quayle was peppering Bobby with hostile questions about his work for the Democrats. "The Enforcer," as Barbara's kids call her, approached, looking thunderous. "Marilyn, we had a hard enough time getting Bobby here tonight," she said. "If you're going to give him a hard time, do it at your house, not mine." (Bobby later left his job on Capitol Hill to head the Wine Institute, in Washington. Barbara, friends say, "very much approved of" the move.)

Life in the fishbowl

The hardest part of her job, and the only one the First Lady complains about, is what she sees as the sacrifice of her privacy. "I think that people know way too much about me," she's said.

Unlike her predecessor, Barbara won't convey her meditations to the public via her press secretary. "Anna hardly knows me; I don't know how she could address what I think," she told one reporter.

Sometimes, her sense of privacy persists even in the public arena. Reporters are not allowed to accompany the First Lady on her frequent campaign and fund-raising trips around the country, for example. She maintains that her plane is too small to allow even one reporter aboard, and she refuses to release the texts of her campaign speeches.

Instead, she wishes the press corps would cover her forays to public schools for readings and to her other charities. News editors grouse that she won't tell them what they want to know.

"Imagine you asking me that!" she cried indignantly, when a reporter inquired if she was excited about daughter Doro's wedding this past summer. "It's a little family wedding, private and personal. That's all, that's all, that's all!"

The mingling of public and private affairs is inevitable with so large, close and gregarious a First Family. The Bushes have always cultivated their friends with hospitality, and they still do. "We hav dinner with our private, persona friends," Barbara has explained. "The stay with us—dinner, lunch a lot." She likely to have her best girlfriends over fo lunch in the private quarters severa times a week. (George, whom Barbar calls Perle Mesta Bush, often has a fu table, too, in a little room off the Ova Office.) She also includes her in-laws an friends in events like the luncheon fo Mrs. Boris Yeltsin in June.

Friends, associates, allies and simpat co celebrities are often invited for dinne movies or barbecues and games of horse shoes, or drinks before a foray out to th Bushes' favorite restaurants. And th First Pair entertain long-distance friend and relatives overnight.

But while Nancy Reagan provided th press with guest lists even for the very ra parties upstairs in the White House priva quarters, the Bushes, who entertain almo nightly, regard all such events as "private."

Hitting the campaign trail

Still, though she may not always like b ing in the spotlight, Barbara is on again throwing herself into her hu band's campaign with all her hear Friends suspect, however, that her rece health problems have given her a glimp of her own mortality, and made her lon for the return to what she wistfully cal "being a private citizen." She has talke of living in Houston part-time an Maine part-time; of going down the i land waterway with George on a boat.

But for now, she's concentrating on on the present. "I live in a house whe everyone's trying to make me happy she says. "I get to see the best of ever thing . . . the best musicians, the wor statesmen . . . the best writers, the be historians. Pretty hard to beat."

And come November—after what m prove to be their toughest campaig ever—Barbara Bush will find out if th description also applies to her husband.

Diana McLellan is the Washington editor Washingtonian magazine.

HILLARY VERSUS BARBARA: CAST YOUR VOTE

Of course, you don't vote for a First Lady on Election Day. But if you did who would you want to have the job? Here, a chance for *Ladies' Home Journal* readers to make their voices heard. We've set up a number to record your answer between 8 A.M Eastern time on Monday, September 14 and 11:59 P.M. on Sunday, October 4. The number is 900-820-1992. Each call will cost 50 cents; touch-tone callers only. This is what you wil hear when you call:

Who would you rather see as First Lady?
a) Barbara Bush
b) Hillary Clinton

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arge Boboli® brand or other ready-made bread shell
bs. olive oil 1 can (3oz.) sliced mushrooms (drained)
bs. fresh parsley ⅓ cup Romano cheese, grated
Drain tomatoes & save juice. Add olive oil to
eserved tomato juice & brush over top of bread
shell. Arrange tomatoes & mushrooms on top.
Sprinkle with parsley and Romano cheese.
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travel journal

The biggest little party in Texas

Although it might be considered small by Texas standards, San Antonio is a whopping big treasure—and probably the most festive town in all of America.

At the city's heart is San Antonio River. This pint-sized waterway acts as a magnet, attracting and charming tourists and locals alike as it meanders through town. Eminently scenic, it is bordered on both sides by the Paseo del Rio (Riverwalk), a tree-lined cobblestone promenade where folks stroll, take endless rolls of photos, sip margaritas at the dozen of outdoor cafes, listen to jazz or watch the party boats cruise by. In fact, whether you hop aboard a water taxi or book a reservation for a party cruise, you haven't really experienced this town until you've tried this uniquely San Antonio brand of transportation.

Most of the city's hotels are located along the river as well, including the delightfully old-world hostelry, La Mansion del Rio, a landmark charmer with a romantic facade of wrought-iron balconies overlooking the river. Small enough to wade across, this scenic river creates the perfect metaphor for San Antonio's legendary hospitality.

Although devoted to its roots, this is a city that also celebrates change. The new Fiesta Texas combines the best of both worlds. A gigantic new "show park," this innovative attraction focuses on four themes: Mexican fiesta, German village, country and western, and the golden age of rock 'n' roll. Each of the four theme areas overflows with rides, activities, food and events geared to create an instant overview of San Antonio's exotic heritage. Living up to its title of "show park," there are more than sixty live performances every day on the park's seven stages. The park is open daily Memorial Day through Labor Day and weekends through November 8. Admission is $22.95 for adults, $15.95 for kids ages four to eleven; children under three are admitted free.

As for San Antonio's "real" Mexican influence, that's easier to find—it's all around you. It's in the quaint adobe galleries and craft shops of La Villita, in the riotous sights and sounds of Market Square and El Mercado with their colorful jumble of foods, authentic crafts and entertainment. And it's in San Antonio's almost nonstop calendar of affairs, festivals and other fun-filled events.

And don't forget to "Remember the Alamo." This famous monument is right in the heart of downtown San Antonio. Turn a corner, and it's there—the diminutive, yet powerful and poignant symbol of America's patriotism. There are narrated tours and well-identified exhibits inside the sandstone building.

The Alamo (as you may remember from your history textbooks) was originally part of a series of missions established in the eighteenth century. Four others are still standing today, preserved as the San Antonio Missions National Historical Park. The most active is Mission San Jose where every Sunday morning, hundreds of regular parishioners and first-time visitors flock to celebrate the joyous "Mariachi Mass," complete with musicians in native costume playing traditional spiritual music on brass and guitars.

Running until December 31, 1992, is a tourist-friendly money-saving promotion called S.A.V.E. (San Antonio Vacation Experience), a coalition of seventy-five hotels, car-rental agencies, restaurants and various tourist attractions offering discounts to visitors. There are additional discounts offered to anyone paying with MasterCard (call 800-ALAMO-1 for more information on discounts). Also, contact the San Antonio Convention & Visitors Bureau for maps, brochures, attractions and other tourist information: Box 2277, San Antonio, TX 78298; 800-447-3372. —BRENDA FIELD



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chicken breasts cut in half &
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, chopped fine
1 small piece ginger, finely chopped
½ ripe papaya, mashed
Kimlan Teriyaki Sauce to cover

l the ingredients in a bowl or zip lock bag. Marinate for at least 4 hours.
e chicken from marinade and place in a baking pan. Pour marinade
icken. Bake at 350 degrees for 1 hour. If you prefer to barbecue, best
chicken in the oven for at least 25 minutes before finishing on the grill.
6.

Meatloaf with Sauce

1 cup bread crumbs
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Pepper to taste
1 tsp. dry mustard
¼ cup Kimlan Soy Sauce
1 tbsp. catsup
2 eggs
2 lbs. lean ground beef

SAUCE:
1 cup catsup
1 small onion, chopped
¼ cup Kimlan Soy Sauce
1 tbsp. brown sugar
½ tsp. dry mustard

Combine all ingredients. Shape into a loaf. Place in a lightly greased baking pan. Spoon sauce over meat loaf and bake at 325 degrees for 1½ hours. Serves 6.

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travel journal

Family fun under the sea

Over the generations, it has become something of a tradition: families spending their vacation together doing something on the water—fishing, boating, maybe even taking an ocean cruise. Now these water vacations include going *under* the water, too.

As the ultimate buddy sport, scuba diving promotes the best kind of family bonding, because members learn to rely on one another.

Until about a decade ago, diving was regarded by many as anything but a family activity. Folks who recall the TV series *Sea Hunt* remember when it seemed to be the exclusive domain of a bunch of muscle men in black rubber wet suits. But today's diving has shed its macho image and become not only user-friendly but so family-friendly.

For one reason, the equipment is now lighter and easier to manage. For another, tiny high-tech underwater computers have taken the guesswork out of figuring vital safety calculations. And perhaps best of all, most seaside resorts now offer safe and dependable dive operators who can help make your vacation something everyone will always cherish.

For safety reasons, most companies require divers to be at least twelve years of age. If your kids are younger, you might want to try snorkeling. Although snorkeling can be as relaxing as lying in bed, it too has techniques that must be mastered before you broach the water's surface.

Successful snorkeling requires gear that fits properly. You should think of those masks, fins, and snorkle tubes as sporting equipment, not as water toys. Masks come in all shapes and sizes, scaled to fit even tiny faces. As for the fins, they should fit and not chafe. And everyone in the family should be protected from the sun. Without question, the best protection for your skin is a Lycra dive "skin." These suits not only ward off a sunburn, they keep you warm during extended periods in the water.

A great book to introduce your kids to snorkeling is *Snorkeling for Kids*, published by the National Association of Underwater Instructors (NAUI). The guide is a coloring book that takes young readers ages five to twelve through various safety points of the sport and introduces simple techniques of scuba diving. Write to NAUI, Box 14650, Montclair, CA 91763.

A clever innovation available at many vacation spots, the Resort Course lets novices sample exactly what scuba diving is like. After a few hours of instruction in a pool and an introduction to the basics, you go out on an actual dive down to about thirty feet, deep enough to get a feel for real diving. Most people who fall in love with diving during the Resort Course return home to take the long course given by such groups as NAUI, the Professional Association of Diving Instructors (PADI) and the local "Y," which consists of about sixty hours of pool and classroom instruction. Many then return to a vacation resort to take their final "open-water dives," which qualify them for a Certification ("C") Card.

Several Club Med villages in the Caribbean and Mexico offer full certification courses for teens and adults. At the Club Med's new Dedicated Dive Centers (in Sonora Bay in Mexico, and in St. Lucia, Turkoise and Turk & Caicos Island, in the Caribbean) beginners can also earn NAUI or PADI certification. The cost is $175, and all equipment is provided. And at villages with Mini Clubs, both scuba diving and snorkeling experiences—in a pool—are offered to children as young as four years old. (For information, call 800-CLUB-MED.)

For more information, check out your local dive shop. The staff is usually made up of dedicated divers who love to talk about the sport and who are amazingly helpful and supportive. —BRENDA FINE

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This fall in Washington Stat

travel journal

Calling all city slickers

The *real* Wild West is alive and kicking in Jackson Hole, Wyoming. So head on this way, pardner, for the chance to indulge all those cattle-herding, trail-riding fantasies.

Jackson Hole (the name refers to the sixty-mile valley that runs from Yellowstone through Grand Teton National Park; the town itself is called Jackson) resembles a vast movie set; it's almost too beautiful to be real. Majestic mountain ranges soar dramatically from the valley floor; endless conifer forests color the distance a velvety green; untamed rivers roar and plunge, only to flatten and form waterways ideal for recreational boaters. And talk about wide-open spaces: Only 3 percent of the 3,826,407 acres in Teton County is developed; the remaining 97 percent is made up of protected national parks and wildlife refuges.

When it comes to nature, most first-time visitors can't believe their eyes. Wildlife roam everywhere. Even during the brief drive from the airport into town you can spot elk, moose, black bear, coyote, and even a bald eagle or two soaring overhead. Local officials report that more than sixty species of mammals, over one hundred species of birds and a half dozen game fish call these parts home.

As the snow falls, migratory herds of elk come down from the freezing mountains to spend the winter at a special refuge just outside of town. During this time, one of the area's favorite activities is to board special horse-drawn wagons for a ride among the vast, milling throngs of more than nine thousand elk.

Every spring, the stags shed their antler racks, which local Boy Scouts then gather by the thousands to sell at what is surely the most unusual auction in the world. Asian visitors pour into town, intent on buying up as many racks as possible, because ground elkhorn is believed to contain aphrodisiac qualities. Money raised at the auction each May goes to buy food for the next winter's herd.

Antlers are a recurring theme in Jackson Hole. Massive walk-through arches, formed by piles of antlers, frame entrances to Jackson's town square. Several local stores feature antler arts and crafts, and one boutique, called Elkhorn Designs, even sells antler furniture. And it's hard to find a single home, hotel or restaurant that doesn't display at least one graceful branch of horns.

Dozens of stores and art galleries flank Jackson's town square, its wood-plank sidewalks reverberating to the constar drum of hard-heeled cowboy boots. A though there are several boutiques obv ously catering to visiting city slicke that sell Ralph Lauren's designer Wes ern wear), most are down-to-earth emp riums where real Westerners buy the outdoor and ski gear, boots and leather.

The famous Million Dollar Cowbo Bar is a fixture on the square, too. Nigh time is when this place really swing Honest-to-goodness cowpokes line the f mous bar, the top of which is embedde with a "million" silver dollars. Gaud neon lights pierce the smoke-filled dar ness, and the air pulsates to the blare country and Western music. The dan floor is crowded with cowboys leadi their ladies in a quickstep.

As you might expect, Jackson Hole o fers a wealth of wonderful offbeat lodgi options—dude ranches, log cabins, rent condos, bed-and-breakfast establis ments, even covered wagons—in additio to the usual hotel and motel accommod tions. A personal favorite is a very speci four-star dude ranch called Spring Cre Resort, a peaceful haven sprawled along thousand-acre butte high above tow The views from here are spectacular- each of Spring Creek's rustic cabins fac the Tetons. And there are no signs of ci ilization to mar this vista.

Spring Creek's managers believe letting their guests experience the re West: Every autumn, there are daily tr rides through the rugged landscape, occ sional roundups, where city slickers g to be wranglers for a day, and freque chuck-wagon dinners under the stars.

Jackson is more than just Wild We cowboys, however. It's even more than world-famous ski town. There's also a s rious love of art here; in fact, Jackson one of the major centers for art in t Western United States.

This fall, for the eighth year, Jacks will hold its gala Fall Arts Festiv (September 18 to October 4), which sp lights the visual, performing and culina arts along with film, folk arts, and histo cal and Native American works. Also f tured will be twenty-five special galle shows, artists' workshops and demonst tions, special museum exhibits, and th ater, dance and music performances.

Immediately following this festival w be "Quilting in the Tetons" (October 4 10), a week-long series of quilt shows a seminars, as well as more than twen nine workshops and classes featuring tionally known instructors, and an exhi and fashion show featuring wearable art

For a complete roundup of detai brochures, area maps and lodging inf mation, contact the Jackson Hole Cha ber of Commerce, Box E, Jackson, W 83001; 307-733-3316. For details ab and reservations at the Spring Creek R sort, call 800-443-6319. —BRENDA F

travel planner

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continued from page 128

without shame and without scripts—swap insults and intimate details of their personal lives?

Then there's the Kathie Lee clothing line, an autobiography due out this fall, a cookbook she co-wrote with Regis, and perhaps dearest to her heart, a CD and double cassette tape of standards, called *Sentimental Journey*, to be released this month. No, Kathie Lee couldn't possibly turn her back on all this. She's spent almost a quarter of a century getting here, and it would likely take the first armored division to get her out.

So why the dissatisfaction? She just doesn't understand why some people say mean things about her, particularly since she has so much invested not just in *being* nice but in being *seen* as nice. So the criticism hurts. "I really want people to think of me as a kind person," she says. "If anything hurts me, it's when people think all I care about is things that don't matter—houses [the Giffords have three of them, but two are on the market], clothes, money and jewelry. People make a big deal out of my ring," says Kathie Lee, flashing a multicarat diamond engagement ring. "I care so much about jewelry that until last week I hadn't had it cleaned in two years.

"When I got engaged, I told Frank I wanted a simple gold band because I didn't want to be misunderstood. I told him, 'I'm marrying you because I adore you, flat out adore you, and I'm not a money-grubbing bitch.'

"When he gave me this I said, 'What happened to my simple gold band?' and he said, 'This isn't for you. It's for your mom and dad. I want them to know how serious I am about you.'

"You read a story like this, and you go 'Yeah, right.' I don't care. It's the truth. That's the way it happened, folks.

"There's a mean-spiritedness in this country now that I just don't understand," she adds. "It's foreign to me. It's not the way I was raised."

Here's how Kathie Lee Epstein was raised: "happy and normal" in Bowie, Maryland, the second of three children born to a family where music and religion took precedence over almost anything else. Kathie Lee's father, Aaron Epstein, a former naval officer, played alto saxophone in a jazz band; her mother, Joan, occasionally sang on the radio.

Kathie Lee grew up singing and became a born-again Christian at the age of twelve. But her life also included such secular activities as cheerleading, singing in a folk group and competing in the Junior Miss Pageant. She won the state crown but was booted out of the national competition when she was caught talking to a boy—a pageant taboo. Certainly it would not be the last time talking would get her into trouble.

Inexorably drawn to show business after she heard her idol Barbra Streisand sing "People," Kathie Lee left college a semester short of a degree to begin working as an opening act in Las Vegas and on a soap opera. Along the way she married and—after six years—divorced gospel musician Paul Johnson, citing youthful naïveté as the reason for the breakup. Then, after a stint singing songs on the game show *Name That Tune*, Kathie Lee became a regular on *Good Morning America* (where she met Frank Gifford), and in 1985 caught the attention of Regis Philbin, who was looking for a new partner.

The secret of Kathie Lee's success, she says without hesitation, is "a daddy who told me 'I love you too much to deny you the privilege of making your own mistakes.' I had parents who told me there's no sin in failure. There's just sin in not trying. I knew I had the freedom to fail."

But that's only part of the story. The secret of Kathie Lee's success may have at least as much to do with her willingness—even eagerness—to make fun of herself coast to coast, to have horses bite her, ducks relieve themselves on her, to point out to a nationwide audience the run in her stocking and the spit-up spot on her collar, courtesy of Cody.

"I think the human experience is really funny most of the time," she says. "Bodily functions are funny. Relationships can be funny."

Especially the way Kathie Lee talks about them. Fans of *Live with Regis & Kathie Lee* know that Cody was conceived on—how fitting—a Carnival cruise; they know about Kathie Lee's pregnancy from morning sickness to stretch marks and all the kicks in between; they know about the time Frank Gifford sleepwalked nude, ending up in bed with Cody's nanny. And they know that Kathie Lee's nipples "went out *this far*" during a mastitis infection. "I think being a wife and mother helped people relate to me a little bit better," she says. "The things I talk about are universal."

But, she insists, the things she talks about are never hurtful. "I don't have a malicious bone in my body," she insists. "I would never on purpose hurt anybody or misrepresent somebody."

So Frank has never asked her to lighten up on her domestic revelations? "Muzzles are against the law," deadpans Kathie Lee. "A couple of times he's said, 'Aw, you know what's going to happen.' He gets ribbed a lot by his buddies. But he understands this is what I do for a living."

So it would seem. "I'm not in the business of censoring her," says Frank Gifford. "I respect her ability to edit herself although frankly, she *has* said things that are embarrassing." Lucky for Gifford then, that he didn't watch the show the first time Kathie Lee teasingly told the immediate world that Frank wouldn't give her the child she so desperately wanted. "The thing is, Kathie Lee never does it in a mean spirit which is the best way to judge her," says Frank. "If she ever thought she'd hurt anyone, she'd die."

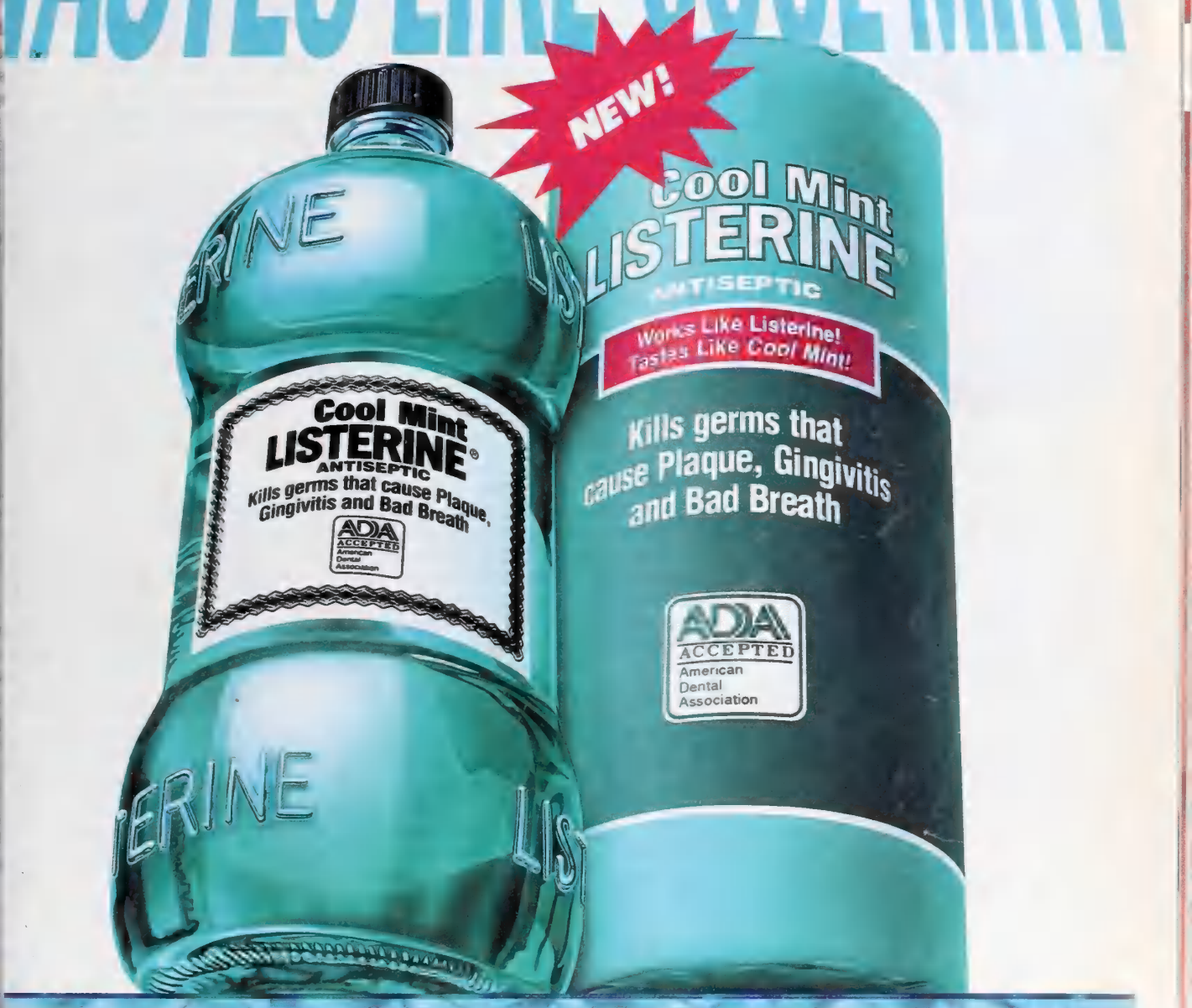
Now, if only people were equally concerned about not hurting Kathie Lee—all those people, for example, who think that just because she's happy she must be shallow. "I just think that's the stupidest thing I've ever heard of," Kathie Lee says, fuming. That she's shallow is hardly the only misconception about the woman an *TV Guide* crowned "TV's most beautiful woman" (after Kathie Lee strenuously campaigned for *Live* viewers to give her the vote). There are several other false impressions Kathie Lee would like laid to rest right here, right now.

For example, *(continued*



KATHIE LEE AND THE MEN IN HER LIFE: (CLOCKWISE FROM TOP) WITH HUSBAND, FRANK GIFFORD, TWO-AND-A-HALF-YEAR-OLD SON, CODY, AND WITH CO-HOST, REGIS PHILBIN

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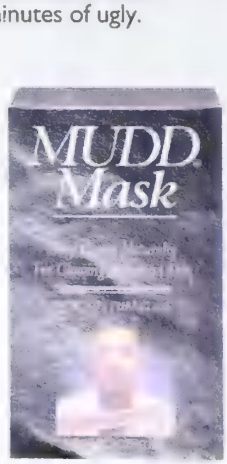


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Kathie Lee Gifford

continued

the notion that's she congenitally perky. "To me, perky means you have no opinion on anything, and I'm an extremely opinionated person and quite irreverent at times," she says.

In addition, there's the notion that she is a proselytizing, moralizing, holy-rolling devout Christian, a belief fueled by her attendance at Oral Roberts University, the three gospel albums she recorded, her ability to quote scripture and her former affiliation with Jim and Tammy Faye Bakker's *PTL* club.

Then there's the belief that with all her lucrative contracts she's becoming the face that's launched a thousand shills. "It's just that I worked my butt off for so long to get these opportunities that once they finally arrive I'm thrilled. It's like you've been planting a field forever, and you finally get a *crop*. You finally get a stupid ear of corn, and you're *thrilled*.

"I turn down many more things than I do," she adds defensively. "And I never try to sell a product I don't believe in. You don't ever need money more than you need your own integrity."

And, please, folks, Kathie Lee has had just about all she can take of the rumors that she and Regis dislike each other, that they never socialize off the set.

"I love Regis," she insists. "I love him with my whole heart. And after seven years with him I have no itch. I have no desire to be with anyone else. I look forward to being with him every day.

"He just moved into a house about a mile away from us, and I sent him champagne with a note that said 'There goes the neighborhood.' I adore his wife, Joy. I consider them very close friends."

"It would make a juicy story, that we don't get along," says Regis, "but the truth is that we've never had a cross word. It's a terrific relationship. I was at her house the other day and played tennis against Frank. Of course, I was beaten."

Home for Kathie Lee is a two-hundred-thirty-two-year-old farmhouse, which she describes as eclectic, comfortable and cozy. Kathie Lee's least favorite room in the house would, no doubt, be the exercise room, where she reluctantly puts in thirty minutes each day on the treadmill, trying to work off what she claims are four excess—but invisible to the naked eye—pounds.

Surely one of Kathie Lee's favorite hangouts is Cody's playroom, the site of frequent songfests. Kathie Lee is hoping to have a wider audience for her nursery songs in the not too distant future. "I would love to have more children," she says. "I'd love to have a girl. But I worry that it wouldn't be fair to have more children unless I gave up a lot of what I'm doing."

As it is, Kathie Lee worries about shortchanging Cody. "Having a moth who was the quintessential June Cleav and then being a working mother myse I had guilt about things," she says. "B my mom was great when I talked to h about it. She said, 'Honey, even though was always at home, if you think you h my undivided attention, you're crazy. was cooking, I was cleaning, I was on t phone, and I had two other children. long as Cody is a happy and well-adjust little boy, you're doing it right.' It w such a gift from her to say that.

"If I have another child at this point, wouldn't be for my sake or Frank's sake adds Kathie Lee. "It would be for Cod sake. Because I grew up with a broth and sister I adore, it's something wouldn't want Cody to miss out on."

Of course, another child would gi Kathie Lee reams of new material f *Live* and even more sacks of mail fro devoted viewers. "I realize how mu power Reege and I have in a way. I can ther make people's lives a little bright or be a bitch and put people down and negative. I think there's enough of th already," she says.

"Most of the mail we get is from peo who say, 'Thank you. You start off d day in a nice way.'

"It's not earth-shattering," Kathie L says, shrugging. "It's not that I want tombstone to read: 'She lightened pe ple's loads for an hour a day,' but it's b ter than 'She ripped people to shreds fo living.' Don't you think?"

Joanne Kaufman writes frequently abo celebrities for LHJ.

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this marriage be saved?

ued from page 20

ne of our first goals with Rick was ake him aware of what were le- ate expectations in marriage. Some ynn's demands did fit into that ework: Calling if he would be late spending time with her and the ren were reasonable expectations. since she brought a heightened of deprivation to her relationship, vas supersensitive to 'injustices.' 'If can tune in to some of the little s,' we told him, 'Lynn will become ntagonistic.'

ick was a quick study, and since he airly well adjusted and was more ised than angry at his wife, he un- ood and was able to change. He ed going to his mother's house for er, and if there was a change of , he did call home first.

e also told Rick that a marriage is ustodial but functional. While his ts' traditional relationship worked em, he and Lynn had to work out own strategies. 'Stop comparing her r mother,' we said, 'that's unfair.'

ecause Lynn was furious, it took a time for her to understand that her expectations were reasonable, ay she presented them was not. She onstantly blaming Rick or his family for her problems. We told her frankly: 'If you want Rick to be closer to you and spend less time at his parents', you have to make your home a welcoming one.'

"Before that could happen, she had to curb her anger. A person who is as angry as Lynn, but doesn't feel justified in that anger, becomes depressed. By reassuring her that she wasn't 'crazy,' we helped her put perceived hurts into perspective as well as express herself when she felt slighted, instead of letting her anger accumulate.

"Lacking in self-confidence, Lynn desperately needed to understand that she had choices to make in life. She could take control, make decisions and change what she didn't like.

"Many times, when we are upset and angry, we don't think about what is happening in the moment, but instead focus on all the wrongs of the past. Lynn found it hard to concentrate on the present; she shifted quickly from what was happening today to worrying about the future and brooding about the past. In time, Lynn learned to recognize certain signs of stress buildup—stomach churning, head pounding—and make a conscious effort to release that tension. She vacuumed, picked up a book—whatever she needed to break the pattern and let the hot emotion of anger dissipate. We then taught her how to rephrase her comments in ways that weren't threatening or attacking (see "Skill builders," page 20).

"It took several months, but Lynn finally understood that each perceived 'wrong' was symbolic of the feelings of being ignored that she had experienced as a child. As she began to feel better about herself, she was more open to others. When Timmy started school, Lynn met other mothers, became involved in PTA activities, and established many new friendships.

"Since Rick was committed to spending more time at home, he was able to tell Brian that while he valued his friendship, the business partnership was not working out. Rick hired a secretary/bookkeeper to handle the office work and was able to function at the same level of productivity.

"More secure in her husband's love, Lynn was able to spend time with his family. When the inevitable rivalries and arguments surfaced, she was able to handle them. This couple ended joint counseling after one year, but we still see Lynn from time to time. 'I think I'm finally able to see the forest through the trees,' she told us recently. 'I know Rick loves me. I can go forward from there.' " ■

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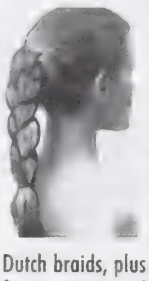
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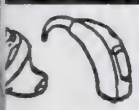


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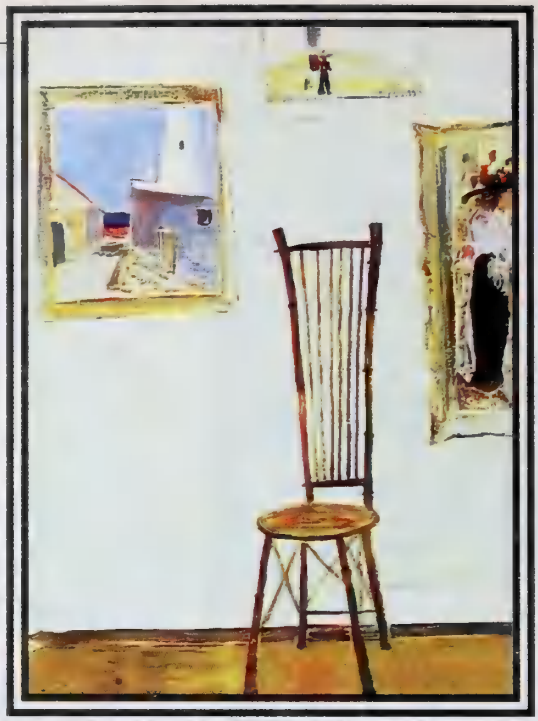


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COAST-TO-COAST STYLE PAGE 29


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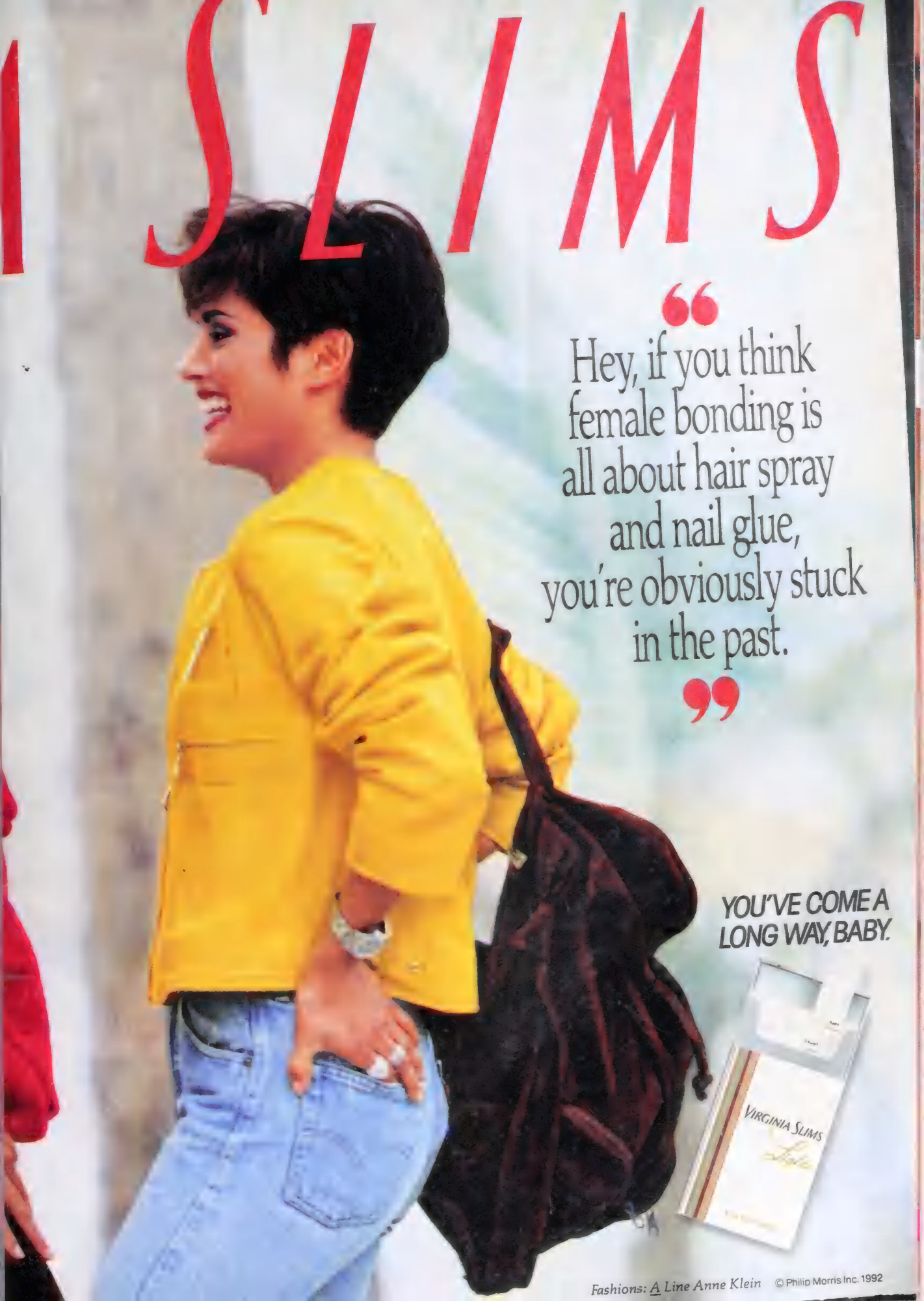
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editor's journal



We think this November issue is as overflowing as a Thanksgiving cornucopia with features to inform, entertain and inspire. First of all, we know that no subject is hotter in this election year than women and the issues that interest us. We salute this fact in our lead story, "The Year of the Woman," written by Gail Collins, an award-winning columnist for *New York Newsday*. Among the many admirable women featured on our pages are Oprah Winfrey (page 186), novelist Barbara Taylor Bradford (page 206) and Lieutenant Paula Coughlin (page 50), a gutsy Navy officer who recently made headlines—and waves. We also report on how superstars such as Cher, Katharine Hepburn and Dolly Parton coped with the

what's hot!

toughest time of their lives. Plus, we share with you an excerpt from this year's hottest book about women, Terry McMillan's top-of-the-charts best-seller, *Waiting to Exhale*.

But that's only part of the rich and varied mix. In this issue, we report on the hottest trends from across the country in beauty, fashion and entertaining. Also check out our special section, "Every woman's body guide" (page 125), which includes important information on how hormones and body rhythms affect your emotions and your health. And, as we plunge into the busiest time of the year, we wanted to give you top-notch advice on how to shop smarter, how to protect yourself from crime, how to keep the kids safe and sane.

Finally, I'm on the board of directors of a new organization called The Deciding Vote. Our goal is very simple: to make sure that women vote this year in this very important election. And that's just what I want you to do. So this month, read and enjoy this issue, get to the polls on Election Day, and count your blessings at a happy bring-a-dish Thanksgiving!

Myrna Blyth

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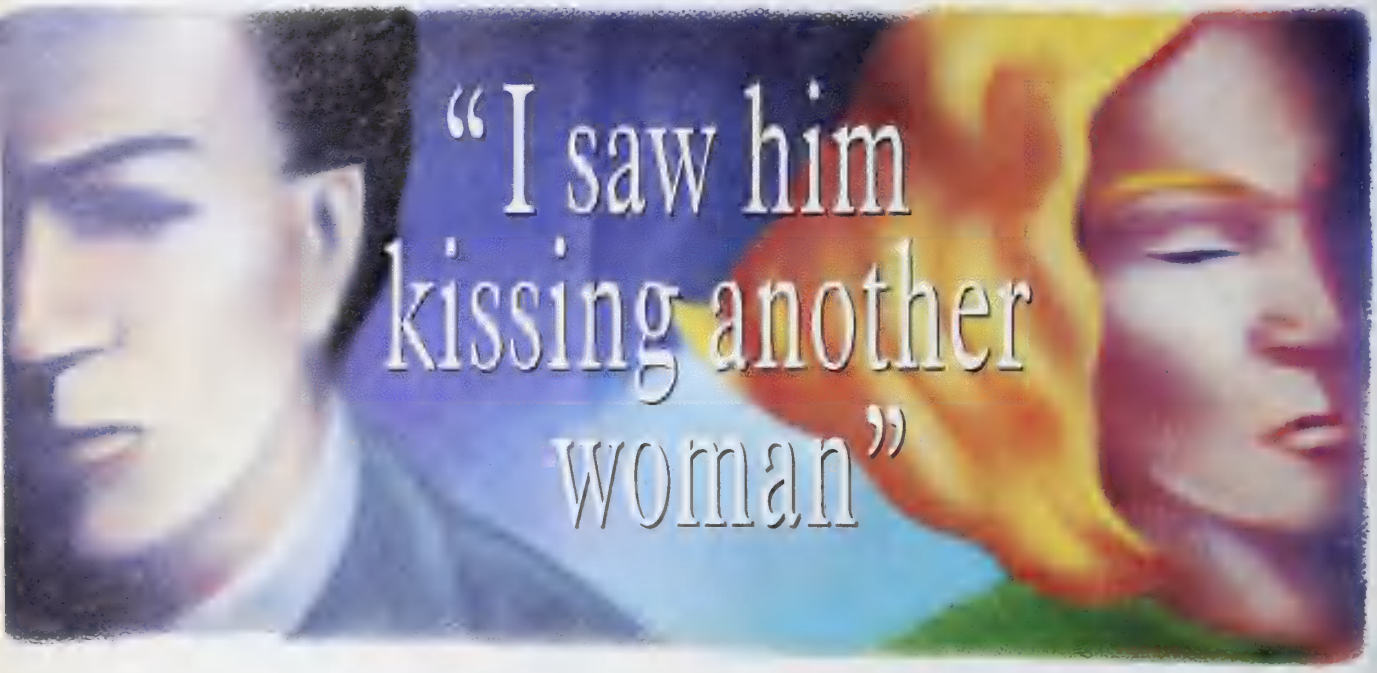
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The most popular, most enduring women's magazine feature in the world



"I saw him kissing another woman"

BY MARGERY D. ROSEN

NANCY'S TURN "If you saw your husband kissing another woman on a moonlit beach, you'd be frantic, too," said Nancy, twenty-nine, a raven-haired beauty with piercing blue eyes and a voice tinged with sadness. "I've tried for a long time to make this marriage work. We have two little girls—Annie is seven, and Caroline is five—and I don't want to see them grow up in a broken home.

"We've been married seven years, and all that time, I've wondered if Peter is really there for me. Our marriage had a rocky start. Our wedding wasn't the one I had dreamed about . . . you know, the flowers, the flowing dress, the people I love surrounding me. I was five months pregnant and feeling sad and lonely.

"Peter and I met at a beach club; I was working in the office during my summer vacation from college. I was nineteen; he was twenty-two, had just graduated from college, and was working as a lifeguard. I noticed him right away—of course, every other girl on the beach did, too. He is very, very handsome. But what drew me to him was his reserve, his shyness. I think we fell in love right away. I knew the attraction was there, but I also knew I had to make the first move.

"When we found out I was pregnant, we were thrilled. Though I had always wanted to be an art teacher, we were very much in love and excited to start a family. I dropped out of college, but from the moment I told my parents we were engaged, my life became a nightmare.

"Instead of being happy for us, Mother ranted about how I was shaming the family. During the months before the wedding, I was torn between my love for Peter and trying to please my family. I saw him only on the weekends. He worked in a lumberyard during the week and came by to pick me up on Saturday—but he wouldn't come inside the house. He sat in the car and waited for me to come out. I'd spend the afternoon with him, and he'd drive me home later.

"Although it was a relief to see him, I had a strange feeling that Peter was drifting away from me. He wasn't as understanding as he'd been when I first met him. I tried to talk about it, but he remained aloof.

"Now that I think *(continued on page 16)*

THIS MONTH'S CASE IS FROM INTERVIEWS AND INFORMATION FROM THE FILES OF EVELYN MOSCHETTA, D.S.W., AND PAUL MOSCHETTA, D.S.W., WHO HAVE A PRIVATE PRACTICE IN NEW YORK CITY AND ON LONG ISLAND. THE STORY TOLD HERE IS TRUE, THOUGH NAMES AND OTHER DETAILS HAVE BEEN CHANGED TO CONCEAL IDENTITIES.

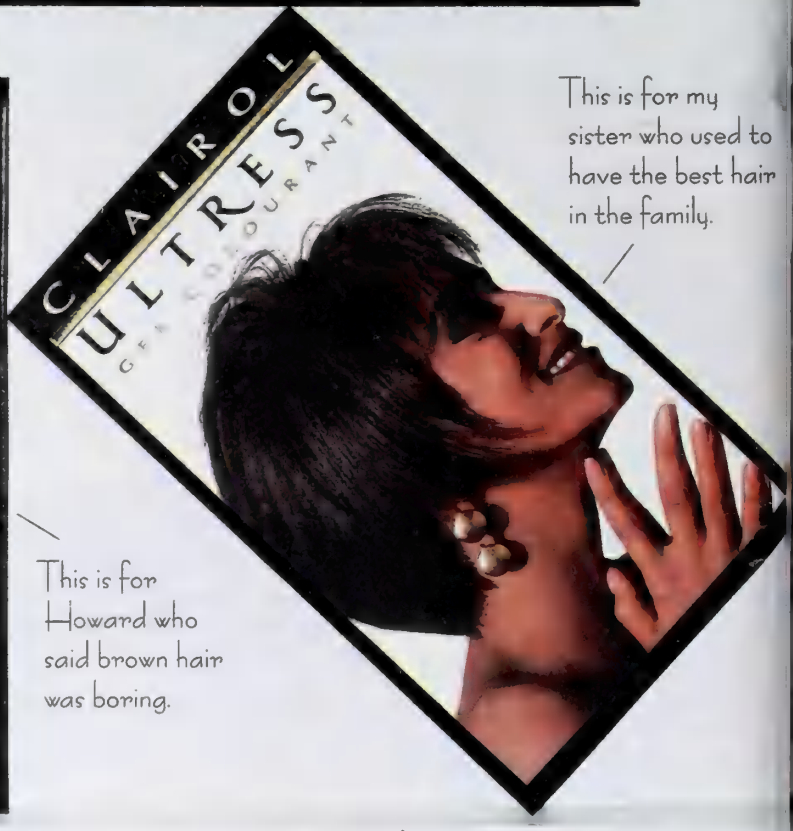

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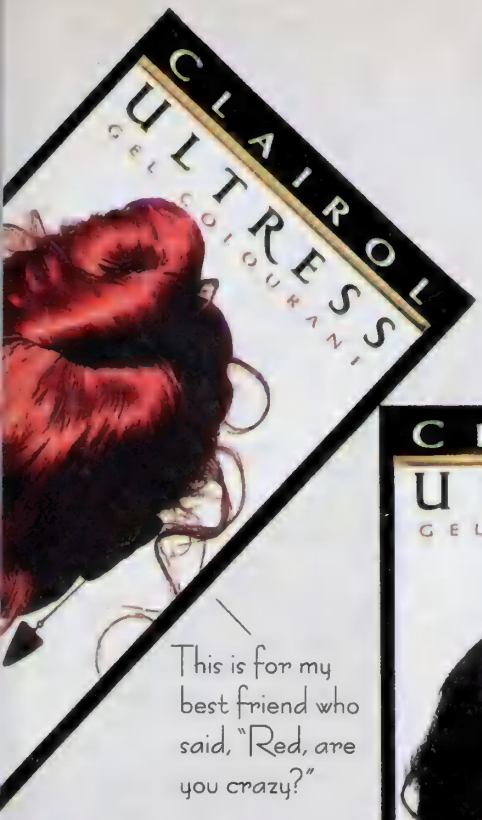


This is for Howard who said brown hair was boring.



This is for my sister who used to have the best hair in the family.

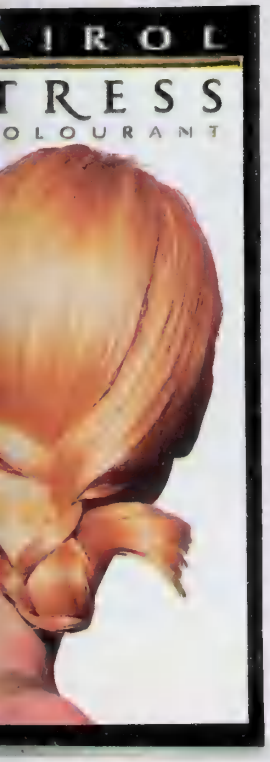
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continued from page 12

about it, the feelings I had then reminded me very much of the way I'd felt growing up. I never thought my father loved or supported me either.

"I was raised not far from where we live now, the middle child between an older brother and younger sister. My mother was a housewife, and my father was an airplane mechanic who worked seven days a week, from three until midnight. Even when he was home, he was disconnected from all of us. I remember so clearly having a fight with my mother and seeing out of the corner of my eye my father, watching but not saying a word. That was so typical. Often, as soon as voices started to rise, he'd go into the garage. Peter does the same thing. He plays turtle, closing off whenever I try to talk.

"My relationship with my mother was pretty bad, too. She was very critical and judgmental. Though my parents rarely fought in front of us, we all knew they weren't happy. Mother often made sneering comments, especially about my father. She had a way of freezing you out if she was angry. She was unpredictable, too. When I had a problem, I'd talk to her, and she would seem sympathetic, but later on, in an argument, she'd throw it all back to me in a hurtful way.

"The first year Peter and I were married was very stressful. We must have moved five or six times—Peter had enrolled in a graduate program in architecture at the university, but we didn't have enough money, so he had to drop out and look for a job. We lived with my parents on and off until we found the right place, but all that moving around, with a baby and all, took its toll. By the way, once Annie was born, my mother became the adoring grandma. But she's very intrusive—the kind of mother who says, 'I don't want to tell you what to do, but . . .'

"Anyway, though we were finally settled, we weren't happy. Before we got married, sex was fabulous. Ever since our honeymoon, whenever I try to initiate sex, Peter pulls away, seems uncomfortable or says, 'I'm not in the mood.' We'll go for weeks without making love, and then when we do make love, it feels purely mechanical. It's so ironic—people tell us what a handsome couple we are; if they only knew.

"About four years ago, things started to get much worse. That's about the time Peter began working as an apprentice in the office of a local but well-respected architect. It's a great position, and I know this is what he has dreamed of doing. But while his career has gotten on track, the rest of our life has fallen by the wayside. The more immersed he becomes in his work, the more unavailable he is to me.

"I should also tell you Peter has started drinking—not a lot, but since his mother is an alcoholic, I can't help worrying about it.

Our fights have become really intense. Sometimes I'll throw things—plates, glasses. During one argument—I don't even remember what it was about—he stormed out of the house. I asked my mother to come over to watch the kids, and I drove to the beach to find him. I know that he goes there when he wants to be alone. That's when I saw them—down by the water, he was kissing this other woman . . .

"That hurt me so badly, I had to leave. The girls and I moved in with my parents—which wasn't easy for me. Peter says it wasn't what it seemed, but I'm sure he's having an affair.

"I wanted to get help right away, but Peter said no. It's been three months, and now maybe he finally appreciates what he's in danger of losing."

PETER'S TURN "First of all, I'm not having and never did have an affair with that woman," said Peter, a Robert Redford look-alike in a blue-striped shirt and jeans.

"She was a port in a storm for me, someone to listen sympathetically. My whole life I've been pulled in one direction or another by smothering, demanding women. I'd had enough.

"My parents divorced when I was two and my sister was five—it was a bitter breakup—and my father moved away, so I really have no memory of him at all. I pretended not to let the fact that my father wasn't around bother me—you don't miss what you never had. I think I purposely put some emotional distance between me and him so I didn't have to feel the hurt.

"You see, my mother was an alcoholic, and from what I can surmise, my father was, too. I never knew what to expect from day to day. I was a good student, but basically a loner. I spent a lot of time drawing or playing sports. I learned not to trust or to let anyone get too close; that way, I'd never get hurt. I also learned to keep my problems to myself and deal with them the best I could. I wasn't close to my sister; in fact, she was as mean as my mother. We fought constantly—she used to tell me I was selfish, just like my mother did—and to this day we can't talk civilly.

"I dated a lot, but never seriously. I think my mother was jealous of my girlfriends. When I told her I was getting engaged, she was livid.

"But the truth is, I fell instantly in love with Nancy. She was so special, in fact, that I often pulled back because I was afraid she'd get sick of me and leave.

"I was thrilled when she got pregnant; I wanted us to start our own family. But there was a lot of tension between us even then. Her parents hated me, and her priest gave us such a hard time, we had to get married in another parish. I couldn't deal with it.

"Nancy says I started drifting away, but that's not the way it was. I felt betrayed. Her mother said all these outrageous things about me bringing shame on the whole family—and Nancy wasn't standing up to her! Why couldn't she just tell them she loved me and was going to marry me? Of course I avoided going to her house; her mother thought I was Satan and called Nancy a slut.

"Besides all that, I couldn't find a decent-paying job. There I was with a bachelor's degree and a dream of being an architect, and all I could find was a job in a lumberyard. It was good, honest work, and the guys were great, but I was depressed. That's when I started drinking. We'd drink after work every afternoon. The men used to complain a lot about their wives or mothers-in-law. I felt like hey, *amigos*. They understood me.

"I agree with everything Nancy has said about our sex life. I'm not sure what went wrong or why I started to pull away. I think it's basically Nancy's fault. She's turned into her mother. She's adopted the same kind of sneering, negative attitude toward me that her mother has toward her father.

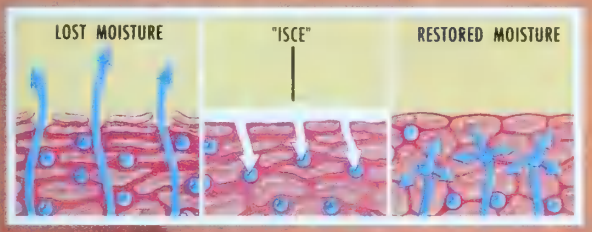
"It amazes me how Nancy and I can have a rip-roaring argument, and then the very next minute, *(continued on page 21)*

Skill builders
Expressing anger

Husbands as well as wives are often fearful of their spouse's anger. This four-point exercise can help you learn to deal with each other better in the face of conflict. At a peaceful time, ask each other:

1. When I'm angry with you, what are you thinking and feeling?
2. Does my anger remind you of your father or mother when they were mad?
3. What would you want me to do or say when I'm angry? (One person might say: "More than anything else, don't shout or call me names." Another might say, "I don't care how loudly you scream, just don't threaten to leave.")
4. Can we now promise to remember what we both need to feel safe during an argument?

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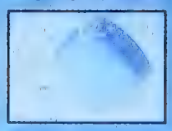
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Can this marriage be saved?

ontinued from page 16

he wants to make love. Well, I can't witch gears that fast. She attacks—she's ike a bulldozer—and I want to crawl nto a hole. I shut down and tune out. 'ou wouldn't believe the things she oes; she tells me she can't stand to look t me, or she gives me the finger in my ace as a good-bye in the morning.

"Look, I know my schedule is crazy. 'm not happy about it either. I go to vork at six in the morning, come home, nd, since I'm trying to start my own irm, I work at night on free-lance draftng projects. Can't she understand that? t's not like I'm goofing off.

"Like I said, I never had an affair. Maureen is a sweet, nice woman I met at he beach one weekend. Believe it or not, he relationship was purely platonic. When it got to the point of being intinate, I realized I couldn't go any further.

"Until now, you couldn't have dragged me to counseling. But the thought of spending the holidays by myself makes me miserable. I knew I'd nevr forgive myself if I let this marriage die without giving it my best shot."

THE COUNSELORS' TURN "Nancy and Peter were caught in a no-win cycle, and neither understood what triggered it—or how to break it," said the counselors. "While they were both grappling with basic issues of trust and intimacy, their attitudes and actions could be traced directly to the way they had been treated as children. Until they both learned to recognize those patterns, they would be unable to see themselves or each other differently.

"Nancy felt rejected, unloved and undesirable. She had little self-confidence or self-respect. When Peter ignored her, she became even more embittered and frustrated—she felt as if she were reliving her childhood.

"Peter felt smothered and browbeaten. To protect himself, he fell into his childhood pattern of retreating, which further provoked Nancy. Her intense anger confirmed Peter's private logic that all women are not to be trusted.

"Peter described to us a verbally abusive but often controlling mother and a critical, unloving sister. Like many children of alcoholic parents, he had grown up feeling his life was out of control. Since he'd also been labeled selfish any time he asked for something, he now felt guilty doing so.

"One of the first things we did was suggest that Peter might benefit from attending meetings of Adult Children of Alcoholics (ACOA). There he learned that although it was too premature to diagnose him as alcoholic, his family history certainly put him at risk. He learned to recognize his old pattern of drowning his troubles with alcohol, and he has been able to curb the drinking.

"Though they had already separated, we were still optimistic that Nancy and Peter would be able to solve their problems. The way they look at each other, the value each attaches to what the other says were all positive signs. While many couples fight to prove each other wrong, Nancy and Peter had a healthy ability to respect each other's viewpoint, though they disagreed with it. They also had an openness to other people's experiences and points of view. And most important: They wanted to make their marriage work. For all these reasons, we thought they might benefit from our couples group.

"As we always do with couples who are interested in joining our group, we first met privately with both Nancy and Peter for couple's and individual sessions so we could get to know them better. The group—seven couples—meets once a week for about an hour and forty-five minutes. Couples who benefit most from group sessions are those who, while still struggling with serious problems, have at least gotten past the ugly, accusatory stages of anger.

"During part of the group *(continued)*

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Can this marriage be saved?

continued

time, the counselors talk about an aspect of relationships t we know is important to each of the couples present—for stance: communication, anger or trust. This group was parti larly upbeat and honest. However, at first, Peter v intimidated. We make a point of saying that no one has to t unless he or she wants to.

"A turning point for Peter came one night when, in the m dle of relating an anecdote about his mother, he started to c 'I realized that even though I'd built these protective wa around myself, I was sensitive to all her criticism and rej tion,' he said. 'It was as if I'd been carrying this heavy bag whole life; now, each time I come to a meeting, I scoop ou little bit more of that load.'

"Having grown up in a household filled with tension a hostility, Peter avoided confrontation; after all, any confron tion—even an argument—is an intense emotional connecti and he couldn't stand being close. While we pointed this out him in our individual sessions, it wasn't until our fourth gro session that Peter was able to make the connection between 'not being in the mood' for sex and his need to avoid intima and play it safe. At this particular meeting, another man o served that Peter seemed to subscribe to the same motto he d peace at any cost. During an argument, Peter would back and shut down. To get through to him, Nancy had to escal her anger. 'Your silence, your retreating, is one way to cont the situation,' we told him, 'but it's a destructive way; it minds Nancy of the way her parents treated her. If you're u happy, you have to speak up. Being silent is a cop-out.'

"When she found herself hurling accusations, Nancy learn to ask herself, 'Where is this anger coming from? Am I furio with Peter, or am I really angry about something else?' Inste of saying the first thing that popped into her head, we remind her to wait and calm down. She was greatly influenced by he ing all the men in the group talk about how frightened th were of their wives' tempers [see "Skill builders," page 16].

"In time, this couple learned that whenever an argume heated up, they both needed to take time out, perhaps ev make an appointment to talk later in person or on the phone.

"As the arguments lessened, so did the general tension home. Peter no longer had to hide behind his invisib wall, and he felt more loving toward Nancy. If he hea himself say, 'I'm not in the mood,' we told him to pu himself to be more loving. Once he did, he realized h much he enjoyed being with his wife and how thrilli their sexual relationship can be.

"Nancy had a difficult time believing someone could rea love her. But as Peter felt more comfortable being close, s found she could be more understanding of his limitations. don't think I feel wounded all the time anymore,' she told when the group's seven sessions ended. 'I can see he's trying make time for me.' If he isn't interested in intercourse, th have both realized there are other ways to be intimate. V asked them to make a list of their favorite things, which th refer to often. Nancy loves Peter's back rubs; Peter likes to on the couch and hold her close.

"To keep busy, Nancy has started a small business of her ow handpainting children's clothing that she sells at flea mark and crafts fairs. 'It's another outlet for when I feel stressed, and gives me a lot of confidence and satisfaction,' Nancy sai Though they must still work hard to find time to be togeth Nancy and Peter are functioning like a team. We continued see them privately for three months after the group disbande and they terminated sessions last month, confident in the progress and excited about the future."

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"I fought the system—and won"

WHEN MY COMPANY REFUSED TO PROMOTE ITS FEMALE EMPLOYEES, I KNEW I HAD TO FIGHT FOR MYSELF—AND FOR ALL WOMEN

BY MURIEL KRASZEWSKI

I used to believe, as my father did, that if people worked hard enough, they could reach their goals. Now I know that isn't true. I worked hard, I did well, yet I still couldn't get the job I was qualified for—just because I was a woman.

I'd never been one to make waves before, but this blatant discrimination made me furious enough to take action. As a result of my suit, my former employer, State Farm Insurance Company, was ordered to pay me more than $400,000 last year. Moreover, they also paid a total of nearly $250 million to other women who had been unfairly denied high-paying positions—the largest settlement ever awarded in a civil-rights case. It took seventeen years of filing papers, testifying in court and waiting, but it was worth every minute.



It had always been important to me to succeed in a field I enjoyed and in which I did well. In 1963, bored with staying home while my six-year-old son, Rob, was in school, I found a secretarial job with a State Farm sales agent.

I was eventually promoted to office manager. All the while, I learned so much about the duties of a sales agent that my employers even allowed me to sell policies under their supervision. After ten years, I finally decided I was ready to be an agent myself.

**Name has been changed.*

In 1973, I approached several district managers and division agency manager Gene Miller, who managed some of my bosses. If any of them had been straight with me and said, "Muriel, we don't hire women as agents," I think I would simply have said okay and looked for work as an agent elsewhere. But they kept leading me on for two years, building up my hopes. I had no reason not to believe them.

When Gene called me unexpectedly one day and asked me to meet him in his Costa Mesa office, I was excited, certain this was the offer I'd been waiting for at last. My husband wasn't nearly so optimistic. "He didn't tell you there was an opening," Bob said. "He'll probably just put you off some more." I laughed. "Not a chance. Gene wouldn't ask me to drive sixty miles round-trip just to say he isn't going to hire me."

I quickly learned how naive I was. Gene came to the point right away: "Muriel, I'm sorry, but you are just not qualified to be an insurance sales agent. I'm sure you understand."

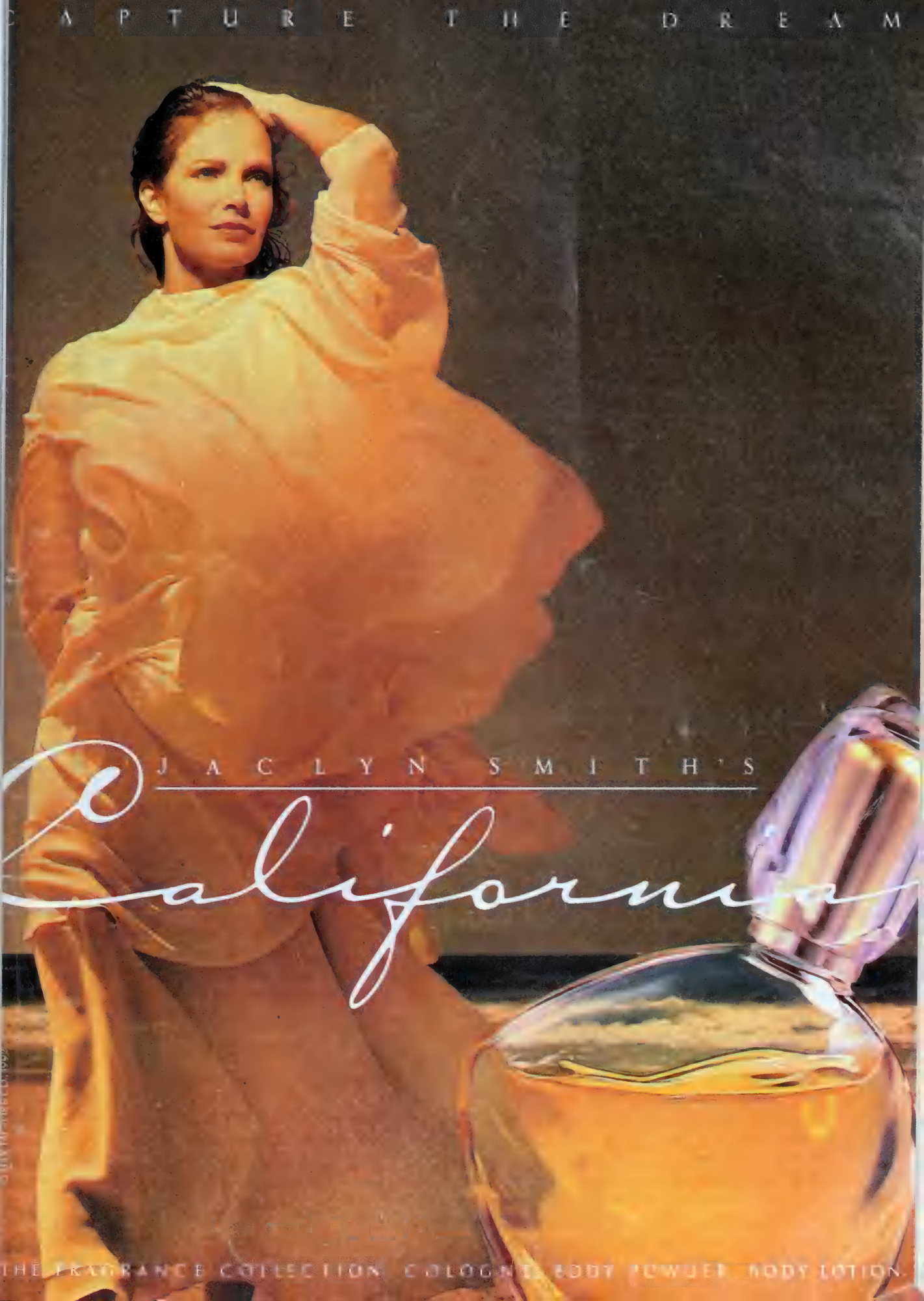
I didn't understand at all. I felt myself grow tense, but outwardly, I remained calm. "Gene, we both know I can do the job," I said quietly. "When Jim Thompson* was on vacation, I sold so many policies for him that he was named the top-selling agent in his region."

I thought I saw a smirk on Gene's face as he continued, "Muriel, you've never been to college."

"Many of your agents have never attended college," I retorted, ticking off the names of several men.

"We also like to hire agents who have had experience running their own business," he said. I tried hard to keep my voice steady. "Many—most—agents have never run their own business," I said.

I couldn't take any more excuses. I said, "Good-bye, Gene," and *(continued)*


CAPTURE THE DREAM
JACLYN SMITH'S
California
THE FRAGRANCE COLLECTION COLOGNE BODY POWDER BODY LOTION

walked out of his office without another word. I was so angry that I felt there must be steam coming out of my ears. I had wasted two years of my life trying for a job that they had never intended to offer me because I was a woman. I decided to give my notice the next day.

As I drove home after that meeting, one thought kept going round and round in my mind: I don't have to put up with this. There are people nowadays who are doing something about discrimination, and I'm going to be one of them.

By that evening, I had a new job as an agent for Farmers Insurance Group, one of State Farm's major competitors. They had offered me a position in the past, but I had declined out of loyalty to my company. I passed the agent-licensing exam easily, and within just a few months, I was one of the top-selling agents in my district. This only made me more determined to make State Farm accountable for its sexist policies.

During my off-hours, I did some quick research by looking in the Yellow Pages of regional California phone books. I couldn't find a single female agent listed under the State Farm heading. After two months, I felt I had the proof I needed to fight, so in early 1975 I filed a claim of sex discrimination with the Equal Employment Opportunity Commission (EEOC). Though they were too overloaded to prosecute the case themselves, the EEOC informed State Farm of my claim, which gave me the right to sue the company.

By pure coincidence, I had recently read newspaper stories about Guy Saperstein, an attorney from Oakland who was making headlines for his work in civil-rights suits. When I phoned him, I learned I wasn't the only woman who was angry with State Farm. He had received so many other complaints from female employees that he was already considering a class-action suit against the company. Because my award-winning sales record at Farmers proved I could handle the position I had been denied, Guy asked me to be one of the main plaintiffs.

I began to get cold feet. What was this going to cost me? Would all my earnings go toward attorney's fees? Guy explained that his firm would pay all expenses, and when we won, State Farm would reimburse the firm and pay his fees. "All I want from you," he said, "is your promise that you will stick with me to the very end." I agreed.

Guy felt our case would be stronger if women from other parts of California joined in the suit. He chose Wilda Tipton, from Ventura, and Daisy Jackso from Palo Alto. Wilda had been told s needed two years of college in order to an agent, so she earned most of the cre its she needed, while working full-ti and raising her son on her own. Th State Farm informed her they st wouldn't give her the job.

Daisy, a former State Farm office ma ager who had been made an agent trair in 1976, had suffered from phlebitis a needed to stay home and rest her leg. T time off from work caused her to fall l hind her sales quota, and she was fired most immediately—while a male train who had also missed his quota for hea reasons, was allowed to stay on.

In 1979, the three of us filed a fede class-action discrimination lawsuit U.S. District Court in San Francisco. A though Guy warned us that we were e barking on a long adventure, I do think we realized it would be thirte years before it was all over.

Occasionally I would get depressed b cause things were moving so slowly. "I ho I live long enough to see the outcome this," I'd sigh to Bob. "Just be patient," he say. "You know what you're doing is right

The lawyers spent nearly three yea trying to settle the case out of court; th were unsuccessful, and the trial began March 1982. I had *(continued on page 2*

Know your rights

If you think that you've been the victim of gender discrimination at work, you don't have to suffer in silence. Below, from experts at the Women's Legal Defense Fund and 9 to 5 National Association of Working Women, is what you can do to get what you deserve:

■ **Do your homework.** Read your company's policies. Do you merit a raise or a new title under their qualifications? Ask the executive-level women in your office how quickly they rose through the ranks.

■ **Put it in writing.** Every time you feel you've been treated unfairly—receiving a lower salary or raise than a male colleague who does the same work, having a promotion withheld because you went on maternity leave—keep a written record of the incident. Include any action taken by you or your supervisor. Even one bias incident is grounds for a valid complaint. To strengthen your case, get proof of your performance, such as work records and letters of commendation.

■ **Try to work it out.** You'll get quicker results if you can solve the problem internally. If you can't talk to your supervisor, see your personnel department, union representative or equal employment opportunity officer.

■ **Go through the right channels.** Before suing your company, you must file a charge of discrimination with the Equal Employment Opportunity Commission (EEOC). The agency will interview you, conduct an investigation and may attempt conciliation. Afterward, the EEOC will either pursue the case themselves or—in most cases—send you a right-to-sue notice. If you then choose to file suit, your employer cannot fire you in retaliation.

The attorney you hire should be a specialist in emplo ment law. For referrals, consult the local chapter of t American Bar Association, the American Civil Liberti Union, or call the 9 to 5 National Association of Wor ing Women hot line, listed below. Few lawyers will take such cases on a contingency basis, as Muriel Kraszewsk did, but you may be entitled to a reimbursement of leg fees if you win.

■ **Don't delay.** Depending on where you live, you'll ha only 180 to 300 days from the date of the last discriminato incident to file with the EEOC; to find out the statute of lim tations in your area, contact the nearest EEOC office or c 800-669-4000. And once the agency sends the right-to-su notice, you have only ninety days to file a suit.

Then be prepared to wait. It can take two to five years- or longer—for a resolution. Most discrimination cases, hov ever, are settled out of court. If your company offers yo what seems like a fair amount, you might want to consid whether the effort involved in a prolonged lawsuit is worth (In some cases, like Muriel's, it clearly is!)

For more information, call the 9 to 5 National Associatio of Working Women hot line from ten A.M. to four P.M. Eas ern time, at 800-522-0925. For a free pamphlet on th EEOC and complaint procedures, write to the U.S. Equ Employment Opportunity Commission, Office of Commun cations and Legislative Affairs, 1801 L Street N.W., Wash ington, DC 20507, and request "Information for the Priva Sector and State and Local Governments," or call 800-66 EEOC (800-800-3302 for TDD systems). —SHANA ABOF

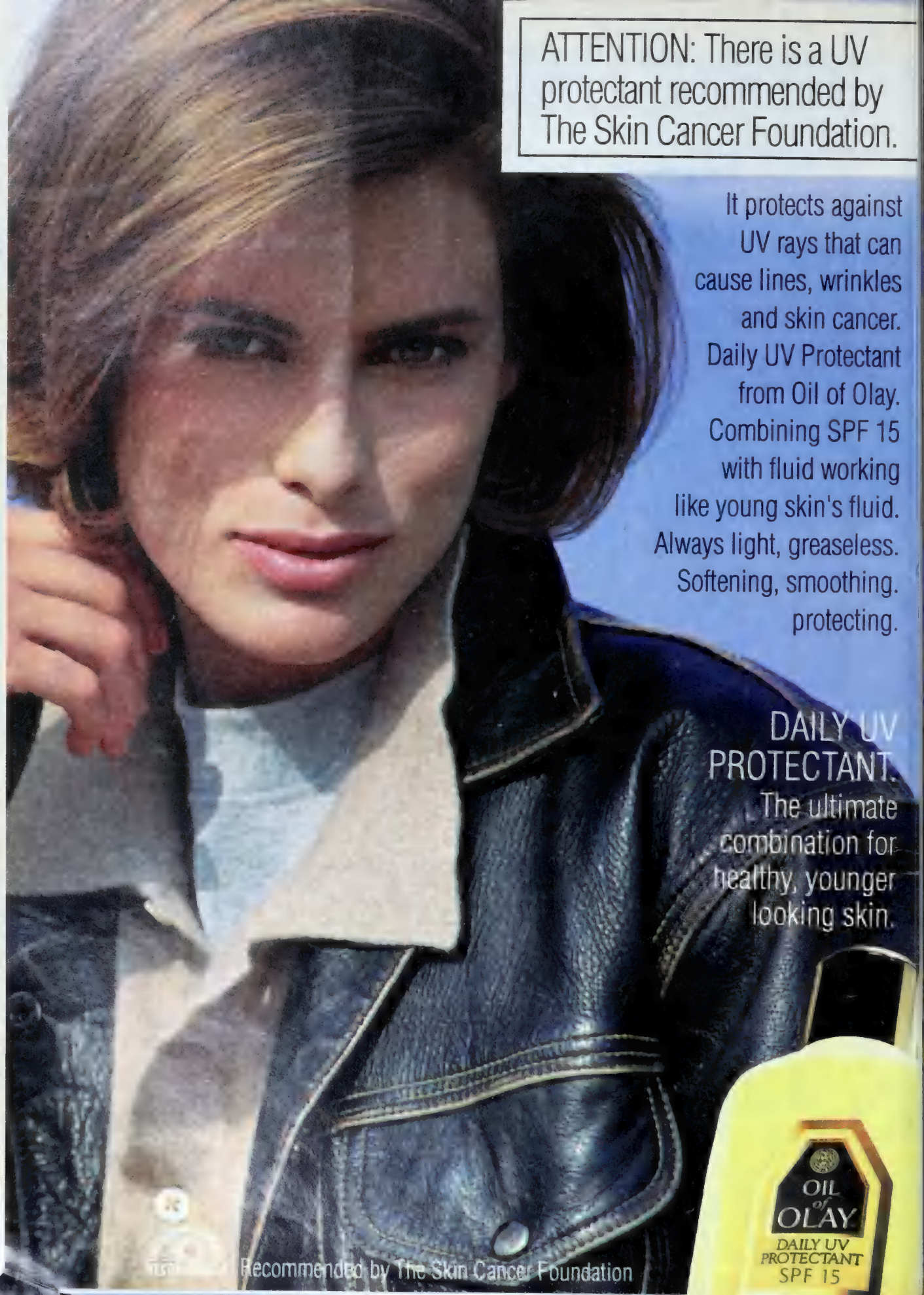
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The hot looks from D.C. to L.A., the skirt of the year, and more

FRUITY BEAUTY

Deliciously fruity fragrances are the hottest beauty trend in moisturizers, hair products and perfumes. According to Sarah Friend, vice-president and director for Fine Fragrance Evaluation at International Flavors and Fragrances, "Melon, peaches and strawberries smell fresh and clean and evoke a comfortable, familiar feeling." A few fruit products to try: Mango Body Butter from The Body Shop; Goodebodies Mango Moist—a facial hydrator; H20 Plus Tango Mango Body Moisturizing



Gel; Alberto Culver Alberto VO5 Fresh Apple Shampoo and Conditioner; Revlon New Age Naturals Citrus Face Cleanser.

A SPECIAL REPORT:

CROSS-COUNTRY STYLE

WE CALLED NEWSPAPER STYLE EDITORS FROM COAST TO COAST TO FIND OUT THE BIGGEST BEAUTY AND FASHION TRENDS IN THEIR CITIES. HERE, A FASCINATING LOOK AT WHAT WOMEN ARE WEARING IN . . .

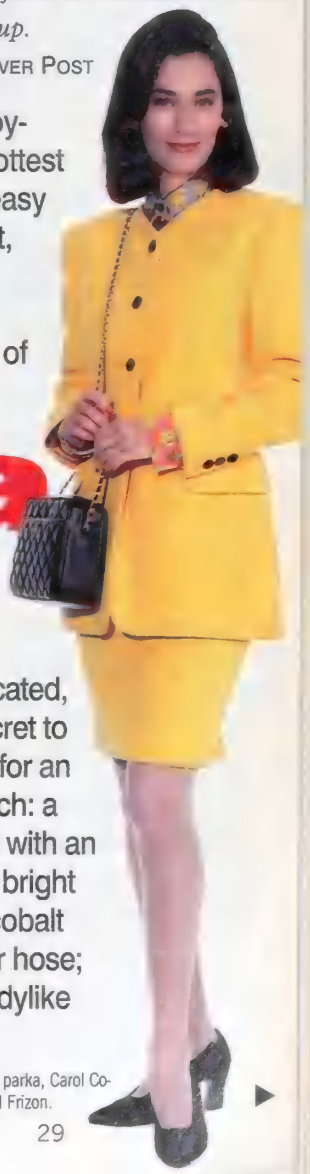


DENVER

Denver is a true wild-West city. When I think of the kinds of clothes you see most often in Denver, other than the Western look, they're of the Patagonia, Eddie Bauer, Lands' End, J. Crew type. There is absolutely no pressure here to dress a certain way. Working out outdoors is a way of life. Hiking, rock climbing, skiing and Rollerblading are favorite activities. Women have very light tans and wear very light makeup.

—FRANCINE PARNES, THE DENVER POST

WESTERN WEAR: The cowboy-boots-and-denim look is now the hottest trend all over the U.S. Pair a long, easy wrap skirt with a denim shirt, a vest, a parka and, naturally, cowboy boots. Pile on the silver-and-turquoise jewelry for a dash of Native American chic.



Atlanta

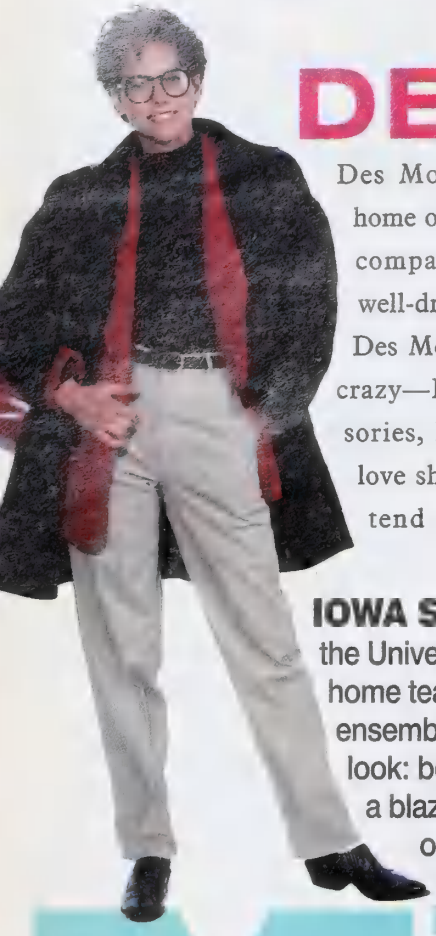
Atlanta is a conservative city—it took a long time for shorter lengths to catch on here. But these days, Atlanta women are wearing more color than ever before. Gold accents are popular, such as glitzy gold buttons, braiding or piping, chains on belts and bags, gold cuffs or stacks of gold bracelets. Sleek blow-dried hair and polished makeup is the signature Atlanta look.

—JENNIFER HILL, THE ATLANTA JOURNAL AND CONSTITUTION

SOUTHERN COMFORT: Georgia belles invented the lady look—polished, sophisticated, always elegant. Their secret to classic dressing, perfect for an important meeting or lunch: a shaped, well-tailored suit with an above-the-knee skirt in a bright color like lemon yellow, cobalt blue or tomato red; sheer hose; minimal jewelry; and a ladylike chain-strap handbag.

DENVER: Model, Lorie Denues of Bite. Skirt, denim shirt, suede vest, Lizwear; T-shirt, The Gap; boots, Justin; beads, Craft Caravan, NYC; belt, Doppia Vita; parka, Carol Cohen for Sanyo. **ATLANTA:** Model, Caroline Ellen of Click. Yellow suit, blouse, Escada; earrings, Agatha; bracelets, Raymond C. Yard; bag, Koret; shoes, Maud Frizon.

CROSS-COUNTRY STYLE



DES MOINES

Des Moines has nearly sixty home offices of major insurance companies, so there's a very well-dressed crowd downtown. Des Moines is Liz Claiborne–crazy—Liz clothes, Liz accessories, Liz jewelry. They also love short boots. Women here tend to have a wardrobe of good-looking boots for winter—we rarely wear anything else. The weekend look is casual layers—perfect for University of Iowa football games. Body perms and curly perms are still big because they're low maintenance.

—MARIE McCARTAN, THE DES MOINES REGISTER



IOWA STYLE: Fall weekends in Des Moines revolve around the University of Iowa football games, where fans root for the home team. In fact, they've developed a great football-game ensemble that's ideal for any fall outing. The grown-up collegiate look: belted streamlined khakis with a tucked-in sweater under a blazer and a short wool coat. Shoe boots make the whole outfit crisp and current.

Miami

A lot of Miami fashion has a Latin influence—very defined shapes with crisply padded shoulders, patterns, lots of ornamentation (piping, braiding) and glitzy jewelry. Suits are popular with working women—they wear them with short skirts or walking shorts year-round. Prints, especially big florals, bright pinks and fuchsias, are hot!

—ALEXANDRA NELSON, THE MIAMI HERALD



THE SUNSHINE STATE: Miami women make beauty a priority—they often have their makeup done at a salon, and above all, know how to look sexy. They rely on curly perms (easy to maintain in the heat), a neutral, matte face with bright-red or icy-pink lips, weekly manicures and polished skin.



DES MOINES: Model right, Lorie Denues of Bite. Gloves, sweater, skirt, blazer, Liz Claiborne Collection; shoe boots, Larry Stuart; necklace, earrings, Agatha. Model left, Daniela of Ford. Glasses, Giorgio Armani; green coat, red blazer, J.H. Collectibles; khaki pants, J. Crew; belt, Coach; shoe boots, Buffalo Chips, SoHo; red bag, Louis Vuitton; black ribbed turtleneck, 525 Made in America. **MIAMI:** Model left, Caroline Ellen of Click. Suit, blouse, Michii Moon for Sanyo; sunglasses, Ray Ban; bag, Inge Christopher for Indolink; earrings, bracelets, Erwin Pearl; shoes, Maud Frizon. Model right, Lori Denues of Bite. Yellow leotard, Dance France; necklace, Agatha; sunglasses, Ray Ban; baseball cap, Yankees Store, NYC.

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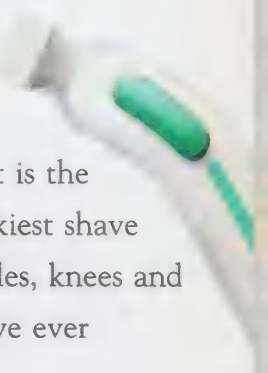




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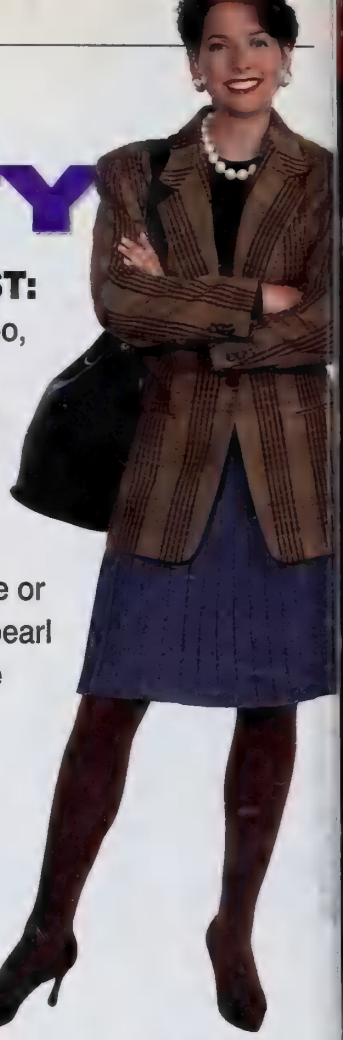
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KANSAS CITY

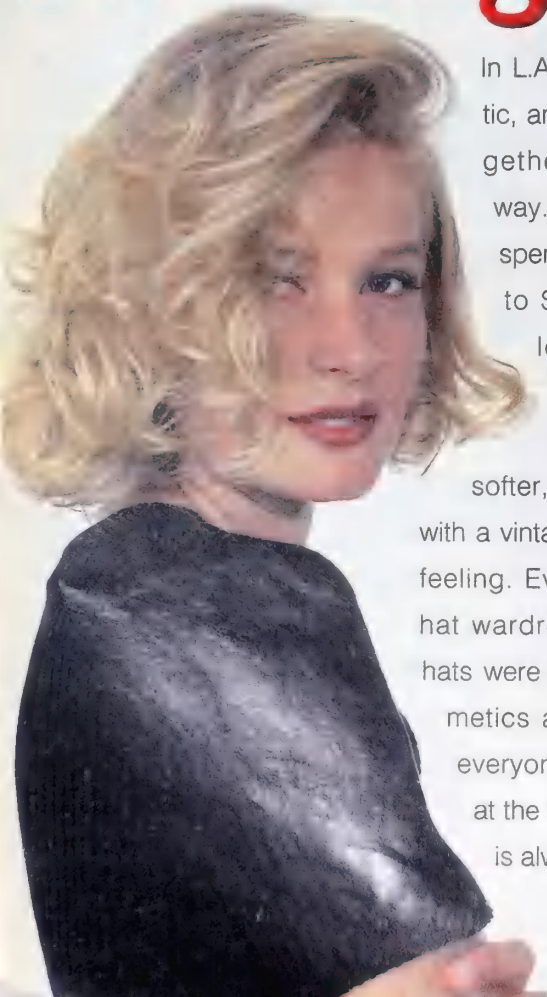
Kansas City, Missouri, is in the middle of the road in fashion—no one looks too trendy. DKNY is definitely the hottest line here. Women recognize it, look for it, wear it. It's got a huge space at Dillards and Saks. Every age group loves it! The most visible beauty and fashion stars here are the wives of the Kansas City Royals baseball team. Everyone looks at what they're wearing. But there's a real embarrassment here about appearing wealthy. Women don't want to look showy.

—JACKIE WHITE, THE KANSAS CITY STAR

BEST OF THE MIDWEST: If your style is conservative, too, here's a look that never goes to extremes and is always just right: a classic, pleated skirt that's just above the knee; a well-cut, hip-skimming, one-button blazer over a simple tee or bodysuit; toned hose; heels; pearl accessories; and a duffel-style leather carryall.

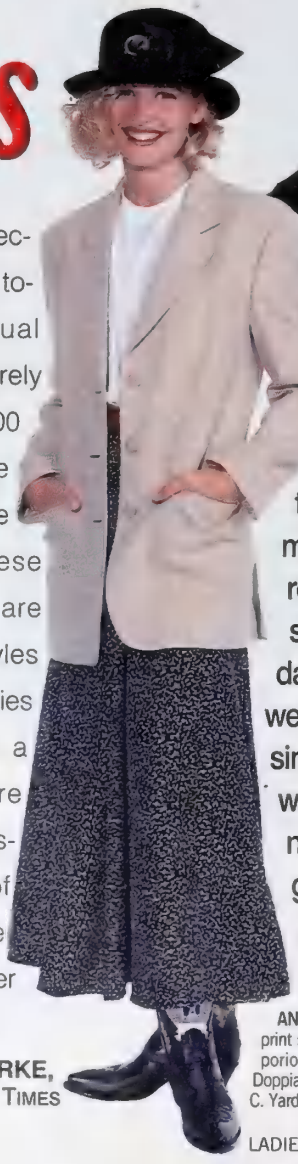


Los Angeles



In L.A., the look is eclectic, and outfits are put together in an individual way. Women here rarely spend more than $100 to $200 on a whole look. I see more long skirts these days, but they are softer, ankle-length styles with a vintage thirties or forties feeling. Every woman has a hat wardrobe (even before hats were hot!). M.A.C. cosmetics are on the top of everyone's list—the line at the Nordstrom counter is always three deep!

—MARY ROURKE, THE LOS ANGELES TIMES



L.A. WOMAN: Angelinos started the fitness craze, and they haven't slowed down a bit. How do they maintain workout motivation? They vary their routines at the gym—a step-aerobics class one day, shadowboxing or weight training the next. And since the goal of their workout is getting toned, not getting skinny, they see great results a lot sooner.

KANSAS CITY: Model, Daniela of Ford. Jacket, bodysuit, DKNY; skirt, Benetton; shoes, Rene Caty; bag, Coach; earrings, necklace, bracelet, Erwin Pearl; watch, Anne Klein II. **LOS ANGELES:** Model, Anna Rahmberg of Ford. Floral print skirt, Tweeds; white T-shirt, Hanes; blazer, Emporio Armani; boots, Buffalo Chips, SoHo; belt, Doppia Vita; hat, Lola Millinery; pin on hat, Raymond C. Yard. Black ribbed tee, J. Crew.


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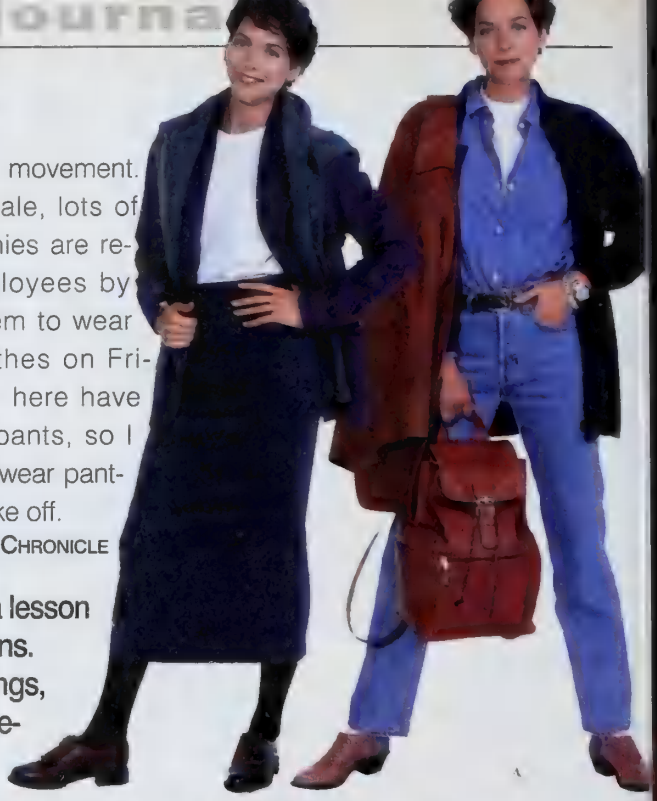
THE SMARTEST SHOP IN TOWN

CROSS-COUNTRY STYLE

SAN FRANCISCO

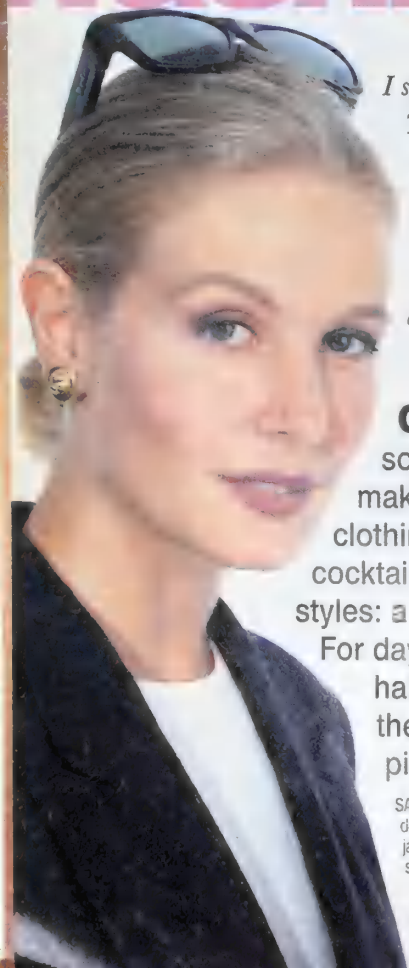
The Gap, Levi's and Esprit have a huge presence here because San Francisco is home to their headquarters. Everyone is anticipating what Susie Tompkins (owner of Esprit) will do with the new Esprit line—there's an outlet on 16th Street that's popular. Dress-down Fridays is a big San Francisco movement. To boost morale, lots of major companies are rewarding employees by permitting them to wear weekend clothes on Fridays. Women here have always worn pants, so I think the menswear pantsuit look will take off.

—TRISH DONALLY, THE SAN FRANCISCO CHRONICLE



CALIFORNIA COOL: We can all take a lesson from S.F.'s layered look: It's style for all seasons. A year-round wardrobe should include: leggings, long unstructured jackets, slim long skirts, fine-wool sweaters (crews, V-necks and cardigans to wear and toss over shoulders), T-shirts, denim shirts and well-worn jeans, opaque hose, lace-up shoes and cropped cowboy boots

Washington, D.C.



I see a real change in Washington. The predominant look is the suit, but it's not a stuffy look. Women are wearing T-shirts and bodysuits under suits, and clothes that really fit well. The skirts are an inch to two inches above the knee or even shorter and are worn with opaque hose. I don't see pantsuits as being a major trend here. As for accessories—women carry Chanel knockoff handbags and L.L. Bean totes.

—CATHY HORYN, THE WASHINGTON POST

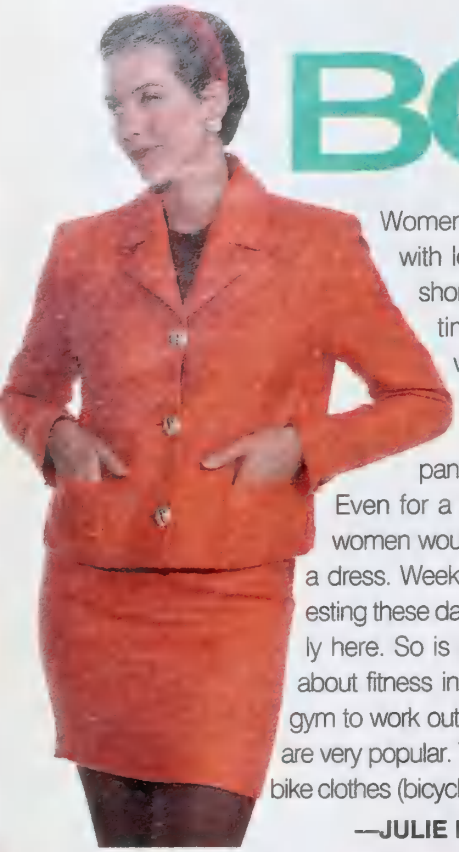
CAPITAL LOOK: D.C. is a very social town, so Washingtonians have had to learn how to make an outfit work from day to dinner. Their clothing of choice for the office and for after-hours cocktail parties is ideal for anyone who needs versatile styles: a well-tailored suit or a simple sheath dress. For day, the look stays spare, with soft makeup and hair pulled into a sleek ponytail—sunglasses are the only accessory. By night, just add a few gold pieces and brighter lips.



SAN FRANCISCO: Model, Daniela of Ford. Jeans, Levi's 501's at Canal Jeans, NYC; T-shirt, Canal Jeans, NYC; denim shirt, The Gap; shoe boots, Buffalo Chips, SoHo; belt, Ron Jay; watch, Rolex; bag, Coach; sweater, suede jacket, Susie Tompkins for Esprit. Rose blazer, J. Crew; gray sweater, Tweeds; skirt, Susie Tompkins for Esprit; shoes, Esprit; long-sleeve white tee, Lizwear; earrings, Agatha; stockings, Calvin Klein. WASHINGTON, D.C.: Model, Anna Rahmberg of Ford. Glasses, Ray Ban; bag, Koret; tote, L.L. Bean; raincoat, Burberrys; bodysuit, 525 Made in America; sneakers, L.A. Gear at Canal Jeans, NYC; skirt, jacket, Anne Klein II; shoes in bag, Robert Clergerie. Jacket, Anne Klein II; bodysuit, Michii Moon for Sanyo; earrings, Donna Karan; glasses, Ray Ban.


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Dove
Dove® contains ¼ moisturizing cream.
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CROSS-COUNTRY STYLE



BOSTON

Women in Boston are experimenting with long skirts, but they really love short skirts! It took us a long, long time to take our hems up, and we're finally into short skirts, usually with opaque hose. Believe it or not, everyone wears tailored pants for casual and dressy events. Even for a Saturday-night cocktail party, women would think twice before putting on a dress. Weekend clothes are the most interesting these days. The Gap is doing fantastically here. So is Urban Outfitters. We're insane about fitness in this town. Everyone goes to a gym to work out. Running and especially biking are very popular. There are lots of bike shops and bike clothes (bicycle, not motorcycle!).

—**JULIE HATFIELD,** THE BOSTON GLOBE

THE BACK BAY WAY: In Boston, tailored trousers are an essential wardrobe staple, and women know how to wear them so they look sleek and sophisticated. Now that menswear is all the rage, take a cue from Bostonians on the perfect pair of pants: classic cut with a straight leg and pleats. Choose a neutral color (like soft gray, camel, navy) and wear with an easy silk shirt.



SEATTLE

We're perennially preppy out here. The store R.E.I. (Recreational Equipment Inc., 206-448-8397; there are thirty-four stores across the U.S., and three are in Seattle) is *the* place for serious outdoor sports clothes. It has items similar to those found in Patagonia, but in Seattle, Patagonia is considered *fashion*! The Eddie Bauer look is big—I wear my Eddie Bauer down vest twelve months of the year. There is a big rental market here for evening clothes—no one buys them!

—**SUSAN PHINNEY,** THE POST INTELLIGENCE



NORTHERN EXPOSURE: Seattlites inspired the rugged, outdoorsy *Northern Exposure* look, and now the whole country is clamoring for a sporty wardrobe. All you need for the weekend: a man's-style jacket that's oversize and in a menswear pattern; jeans; a denim shirt layered with a sweater and a down vest; big, ribbed sweaters; hiking boots.

BOSTON: Model right, Caroline Ellen of Click. Trousers, Evan-Picone; belt, Coach; blouse, Equipment; shoes, Maud Frizon; headband, earrings, Agatha; necklace, Erwin Pearl; bag, Adolfo. Model left, Daniela of Ford. Orange suit, Sisley; brown ribbed crewneck, 525 Made in America; headband, earrings, Agatha. **SEATTLE:** Model, Lorie Denues of Bite. Down vest, Eddie Bauer; jacket, shirt, J. Crew; T-shirt, Canal Jeans, NYC; jeans, Levi's at Canal Jeans, NYC; boots, Timberland. Yellow V-neck sweater, J. Crew; T-shirt, Canal Jeans.



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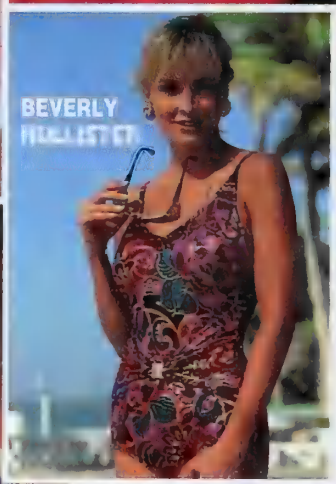
DOVE CONTEST WINNERS:

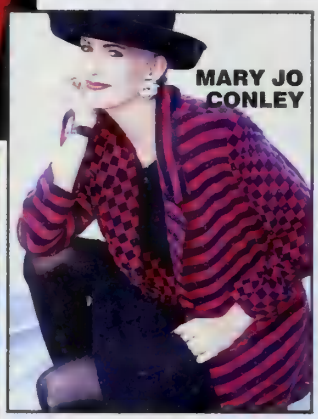
ROLE MODELS

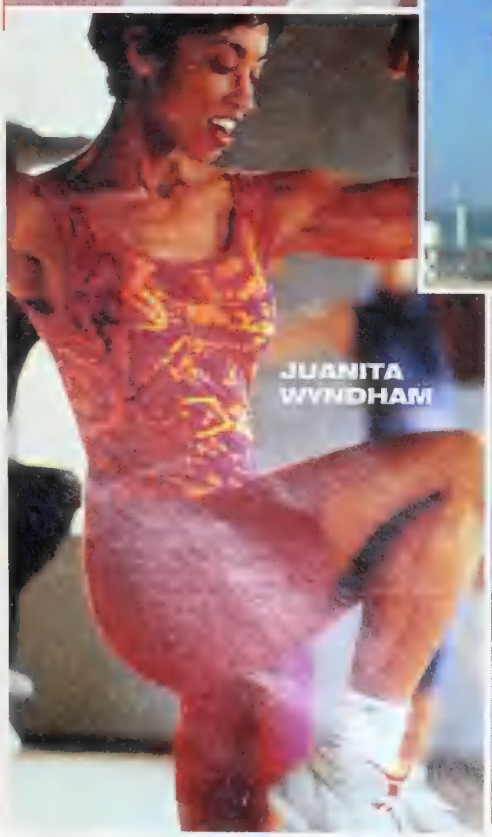
THE LHJ/DOVE CLASSIC MODEL DISCOVERY CONTEST IS FOR WOMEN OVER THIRTY WHO WANT TO TRY A CAREER AS A MODEL. MEET PAST WINNERS AND FIND OUT HOW THEY MADE THEIR DREAMS COME TRUE













BEVERLY HOLLISTER, 38, 1989 GRAND-PRIZE WINNER, says, "Winning the contest helped me to believe that you can be beautiful at any age. My year with Elite in New York helped me build my portfolio. After my contract ended, I signed with Cunningham Escott Dipene Talent Agency, in Los Angeles. This year I worked for Jantzen Swimwear." **DEE PENNA, 53, 1986 GRAND-PRIZE WINNER** "I'm signed with the Elite Modeling Agency in Chicago. I've been on *The Oprah Winfrey Show* three times modeling Victor Costa dresses. I still use Dove Beauty Bar®—it has great moisturizers." **JUANITA WYNDHAM, 37, 1990 GRAND-PRIZE WINNER** "My Nike ads are all over Portland! I also did the Soloflex brochure. Last summer I made a movie for USA Cable Network with Heather Locklear called *Body Language*. Winning the contest made my age a bonus rather than something to hide." **MARY JO CONLEY, 43, 1991 FIRST RUNNER-UP** "I signed with Wilhelmina International for two years. I'm booked for about forty runway shows this year, and I just shot the cover of the American Express Christmas Catalog." **YVETTE LEHRER FINKELSTEIN, 51, 1988 GRAND-PRIZE WINNER** "I've done print ads and a TV commercial for Centrum Silver Vitamins. I took acting classes so I could do commercials, and that led to a job this year as the host of a daily cable TV show, *Schmoozing*." **DEBBIE HOLLISTER, 37, 1991 GRAND-PRIZE WINNER** "I signed with Wilhelmina in New York *and* Elite in Dallas, where I live. I've modeled Liz Claiborne dresses, and I did a makeup video for a Dallas makeup artist. She said she chose me because of my eyes—and my age!" *FYI: Look for this year's winners in the February 1993 issue of LHJ!*


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THE LONG, SLIM BLACK SKIRT:

THIS SEASON'S BEST NEW LOOK

A long, slim black skirt is the have-to-have wardrobe basic, according to fashion designers everywhere. Of course it looks great on models—but how does it look on real women? Can it mix easily with the clothing in *your* wardrobe? We wanted to find out. Below, six women, ranging in height from five two to five nine, road-test the latest trend.



SHERAN DANIELE

Previous experience:
"My husband likes short skirts, but I do wear long skirts, too. They have always been a part of my wardrobe—full long skirts with boots in winter, romantic-looking ones in summer."

Would you buy one today?
"I really like slim long skirts. They're feminine, but they give you a professional look that full long skirts don't. I'd wear a slim long skirt with a long, belted jacket or a long cardigan worn open to reveal my waistline."

SHERAN DANIELE
Dance teacher
Her favorite skirt:
Donna Karan, 100% wool, $325

LYDIA MUNRO

Previous experience:
"I wore long skirts in the seventies with knee-high boots. The long skirts then, however, weren't as skinny and narrow as today."

Would you buy one today?
"Well, I've been wearing short skirts, and I love them. I have great legs, and my husband loves when I wear short skirts. So the only long skirts I'll buy are very slim ones with a high-cut slit. But, and this is essential, it has to be a slender wrap slit that just crosses over like the petals of a tulip so it looks elegant and sexy—not tarty."

LYDIA MUNRO
Creative director for a major NYC department store
Her favorite skirt:
Bloomingdale's By Mail, poly crepe, $98

SUSAN MARSHALL

Previous experience:
"I've never stopped wearing long skirts! My closet is a mix of short and long, but this skinny, sleek look is something new."

Would you buy one today?
"I'm five two, and I do have hips, so I would wear a long slim skirt only with a long tailored jacket for camouflage! A black or dark-navy skirt worn with a black fitted top seems to give me a taller, thinner look. The turtleneck is a help here, and the chain belt slung at the top of my *(continued)*

SUSAN MARSHALL
Advertising executive
Her favorite skirt:
Max Mara, 100% lamb's wool, $250

THE PERFECT SHOE FOR LONG SKIRTS

A shoe or shoe boot with a chunky high heel works best to balance the look and create a lean, leggy line that looks new. The rule: The narrower the skirt, the higher the heel. New options to look for: very fat tree-trunk heels that are two to three inches high, often with a tiny platform sole; elegant lace-ups; granny boots; T-straps; ankle boots. Our favorite: Sam and Libby's black suede platform pump. It has a fat heel and a tapered square toe. A new classic basic, $42.







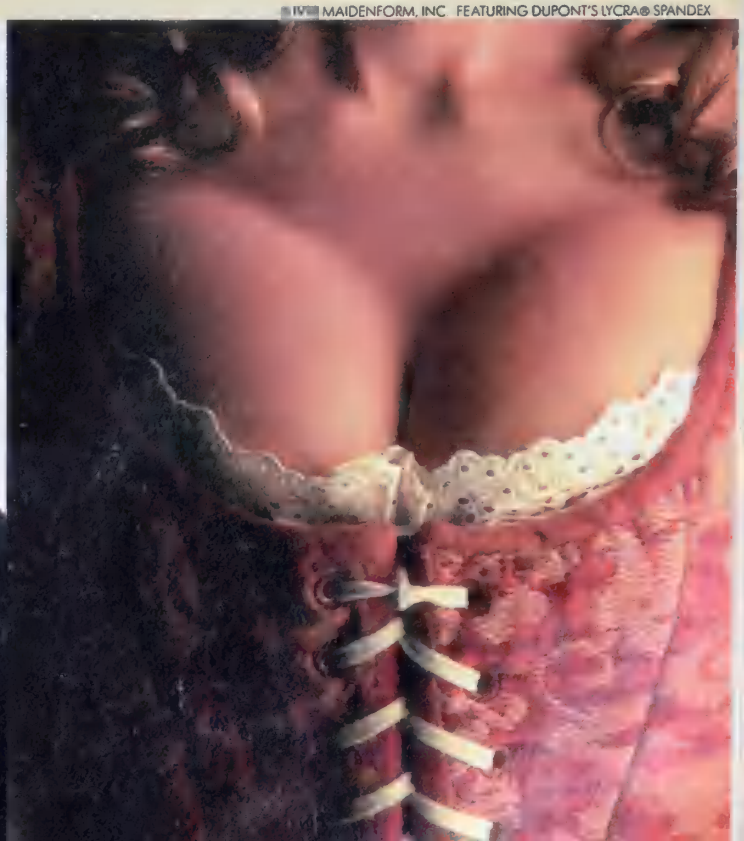
ISN'T IT NICE TO LIVE IN A TIME WHEN WOMEN AREN'T BEING PUSHED AROUND SO MUCH ANYMORE?

Women have spent the last ten centuries conforming to their lingerie. Fortunately, lingerie has finally gotten around to conforming to women.

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ENID GELLER
Public-relations manager. Her favorite skirt: Donna Karan, 100% wool, $325

(continued)

hips really makes my upper body appear longer."

ENID GELLER

Previous experience:
"I never thought I would wear a long skirt again—I was so happy when short skirts came into style."

Would you buy one today?
"I love this look. I think it's elegant and sophisticated. I've been living in very short black skirts and opaque hose and leggings for years now, so it's time for a change. I thought a long skirt would look dowdy, but as long as the skirt is slim and black and you wear a higher heel, it's hot!"

JUDY GEDER

Previous experience:
"I have worn long skirts before—a few years ago, when that layered look was in."

Would you buy one today?
"I'm definitely buying a long skirt for fall in black and maybe a brown one, too, to wear with my tailored jackets and vests. I feel sexy in a short skirt, but I'm more self-conscious and aware of my body when I wear one."

ELIZABETH HUGHES

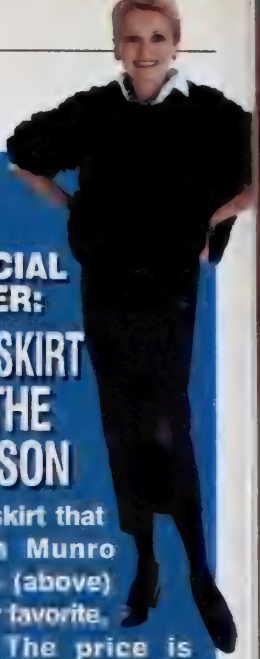
Previous experience:
"I've worn long, of course, when it was fashionable, but I love short skirts!"

Would you buy one today?
"I'm going to wear long skirts this fall—to be in fashion! It's a nice change anyway, as long as it doesn't last too long. The skirt, however, must be fitted at the waist and hips to show some body—when they're shapeless, they're awful."



JUDY GEDER
Senior publicist for a TV show. Her favorite skirt: Donna Karan, 100% wool, $325.

ELIZABETH HUGHES
Owner, NYC accessory boutique
Her favorite skirt: Tamotsu, 50% viscose/ 50% acetate, $100



SPECIAL OFFER: THE SKIRT OF THE SEASON

The skirt that Lydia Munro loves (above) is our favorite, too: The price is right, and the quality is superb. So we decided to make this skirt available to LHJ readers. The long, slim, black wrap skirt with a side button is made of elegant poly crepe. From the Bloomingdale's By Mail catalog, in sizes 4 to 14 (item #61983LT, source #ALHJ). The skirt is $98, plus $4.95 for shipping and handling. To order with a credit card, call 800-777-0000, 24 hours a day, 7 days a week. Or send a check or money order to Bloomingdale's By Mail, Ltd., 475 Knotter Drive, Cheshire, CT, 06410-9939. Be sure to indicate the item number, source number, size and quantity. Please add applicable tax for CT, FL, IL, MA, MD, MN, NJ, NY, PA and VA. Order today to be in fashion this season!

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CNN®, THE WORLD'S NEWS LEADER, AND LADIES' HOME JOURNAL PRESENT UP-TO-THE-MINUTE FACTS AND FINDINGS ABOUT THE WORLD TODAY

Builder blunders Hurricane Andrew leveled tens of thousands of South Florida homes in August. Indications are that some of the destruction could have been avoided—if builders had complied with the area's tough building codes. To help avert a recurrence, civil-engineering expert Peter Sparks, of Clemson University, advises residents of hurricane-prone areas to make sure that their shingles and roof panels are nailed in—not stapled, as they were on some Florida homes. They should also insist, he says, that roof rafters are attached with "hurricane straps." —MILES O'BRIEN, *Science and Technology Week*

Women and recession In tough times, women hold onto their jobs better than men: Recently, the jobless rate climbed 1.8 percent for women and 2.3 percent for men. Why? Economists theorize that women are more flexible about what kinds of jobs they will take and are better equipped to keep the ones they've got—more of them graduate from high school and college. —DEBORAH MARCHINI, *Business Morning*

The joke machine The Japanese pastime, karaoke (carry-OH-kee)—amateurs singing along to recorded music with lyrics scrolling across a screen—has burst into America's bars and clubs. Now there's a new spin on it: Instead of song, comic wannabes can read material from well-known comedians—and take home a video of their moment in the spotlight. —ADAM KLUGER, *Showbiz Today*

Baby bills Childbirth costs in the U.S. have skyrocketed in the last three years. A hospital delivery that cost $4,300 in 1989 now runs about $6,800. What can be done? One option is a midwife delivery (cost: $900 and up). But a more conventional way to control expenses is to get good prenatal care. That's the best means of preventing premature delivery and other complications, which can cost a bundle.

The sniffle stopper There's new hope for the one in ten Americans who suffer "nonallergic rhinitis," or chronic head congestion. Vanderbilt University researchers say that a steroid nasal inhaler, a nose spray used to treat asthma, may relieve the condition. Results are preliminary, but one woman who participated in the study says she's breathing easy for the first time in years. —DAN RUTZ, *HealthWorks*

Style tips for Thanksgiving If you'll be traveling this Turkey Day and want to look fabulous with a minimum of fuss, follow these tips from top designer Isaac Mizrahi: Bring three basic colors—black, white, and persimmon red (an orange cinnamon), which suits most skin tones. For traveling, wear black pants, a white top and a striped cardigan. For dinner, pair a persimmon sweater with a long, skinny black skirt. —ELSA KLENSCH, *Style with Elsa Klensch*

Quote of the Month: "I don't know anyone who could balance the [federal] budget better than my mother. Moms should balance the budget . . . they'd have coupons for everything." —MARGARET SMITH, COMEDIENNE APPEARING ON CNN'S *CRIER & CO.*

Watch CNN's ***HealthWorks*** with Dan Rutz for the week's medical news (Sat. 9 A.M., 2 P.M. E.T.), and ***Showbiz Today*** with Laurin Sydney in New York and Bella Shaw in L.A. (weekdays 5:30 P.M. E.T.).



"You did the right thing"

A lot of her naval colleagues thought Lieutenant Paula Coughlin should just keep quiet about the sexual abuse she had suffered during a military convention. But Coughlin disagreed, and her charges rocked the highest levels of the service. A look at an extraordinarily brave woman

BY MAUREEN SANTINI

Like Anita Hill before her, Paula Coughlin is discovering that life as a national symbol—the first Navy woman to go public with accounts of extreme sexual harassment—can be almost as difficult as the ordeal she suffered in the first place.

At first, Coughlin pressed her complaints to her superiors in private. But after waiting for months while the Navy slowly and inconclusively investigated the matter, she decided to go public with tales of offensive behavior by her fellow servicemen.

Coughlin, a helicopter pilot and admiral's aide, won't discuss the matter with reporters anymore; she is doing her best to resume a normal life in Norfolk, Virginia. But now she is acutely aware of how she must watch her dress, her companions, her surroundings, when she is in public. Anything, after all, is fair game for her detractors.

Says a friend, Lieutenant Mary Hanson, "She has sacrificed her privacy. When you become a symbol in that way, it's amazing the impact it has on your personal life."

Although a Navy investigation was already under way, until Coughlin went to the newspapers and TV with her story, the wild goings-on at last year's convention of the Tailhook Association, an organization of aircraft-carrier pilots, were thought to be fairly harmless. Standard boys-will-be-boys *Animal House* incidents, people said dismissively, like excessive drinking and wrecked hotel rooms.

But Coughlin's account—that she and more than twenty other women were nearly gang-raped by a gauntlet of pawing and groping Navy and Marine aviators on the third floor of ■ *(continued on page 55)*


Several years ago,
we set out to
build an entirely
different kind
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objective was to
create a driver's
sedan that could
compete on every
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That was the goal.
This is the result.



If you told someone to make a car that had more merging power than a Mercedes 190E 2.3, the agility to out-slalom a Lexus ES 300, and the stopping power to out-brake a BMW 325i*—for about half the price of any of these cars—you'd probably be escorted out of the room by men in little white suits.

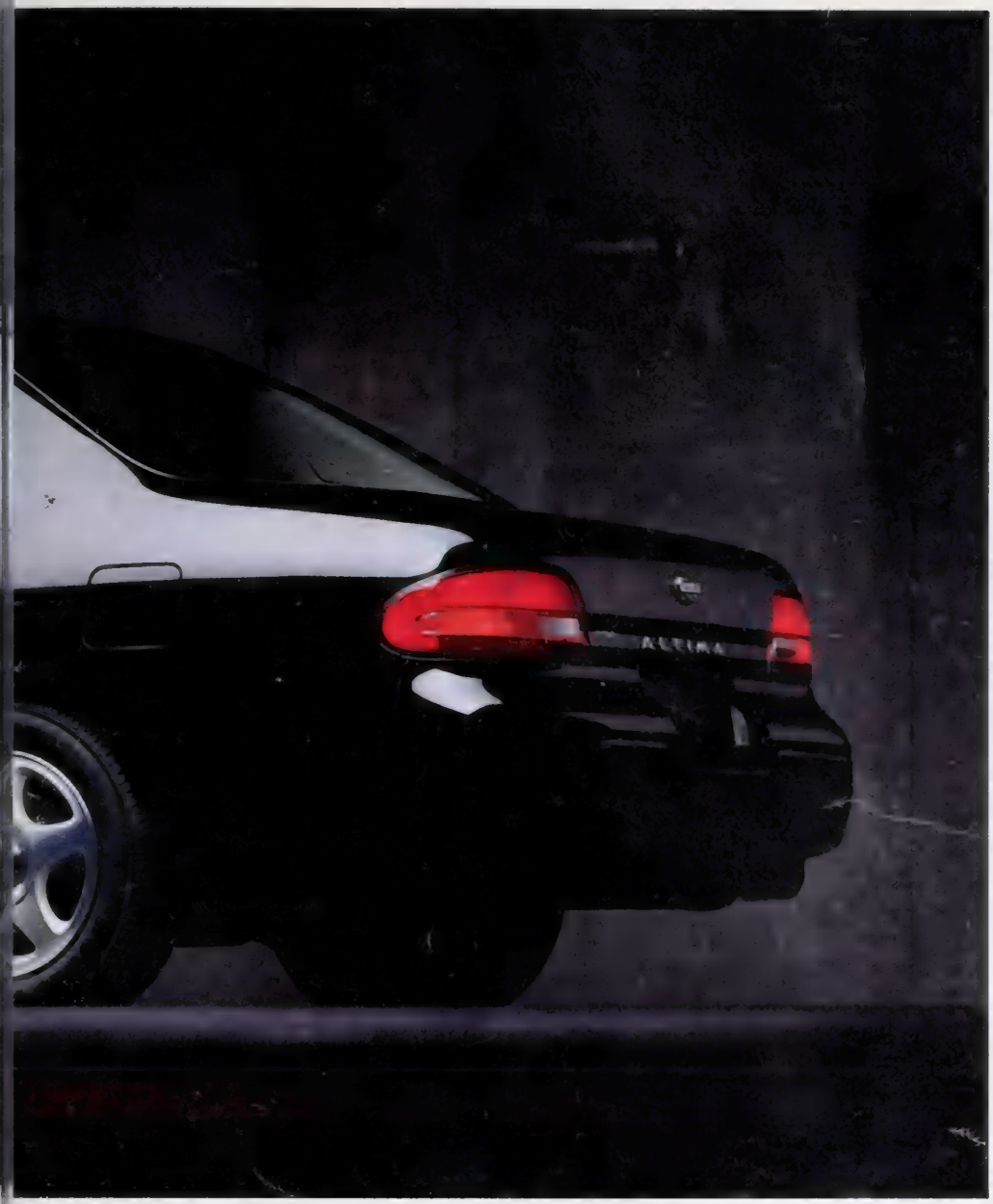
But that is precisely what the ingenious engineers at Nissan have just accomplished.

The new *Nissan Altima*™ is nothing short of an engineering masterpiece. Every last detail of the car has been closely scrutinized, refined and re-refined over a four-year period. And as a result, the *Altima* is unlike any automobile ever to come with an economically feasible price tag.

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*Nissan Motor Corporation in U.S.A. Smart people always read the fine print. And they always wear their seat belts. *Based on independent tests conducted by AMCI. 1993 Nissan Altima XE or SE versus 1992 competitive vehicles. Merging power based on time and distance required to accelerate from 20-55 mph. Slalom comparison based on*



tion, the front rear suspensions been "soft mount- anti-vibration rames.

translate, this nology makes the a incredibly pow- and agile. Not to tion remarkably smooth and quiet. In fact, at 55 mph, the *Nissan Altima* SE's cabin is actually quieter than the cabin of a BMW 325i or a Mercedes 190E 2.3.*

Speaking of the cabin, the inside of the *Altima* is graced with all the luxury and comfort that the outside suggests. Contoured, reclining seats have been meticulously tailored to fit your form. Large, easy-to-read analog gauges adorn the dash. Buttons for the power windows and door locks** have been precisely placed in the armrest for easy access. And over forty standard safety features have been incorporated, including a driver's side air bag, for your protection.

If you'd like more luxury, a variety of trim levels are available so you can choose from such amenities as a custom six-speaker CD system, an automatic cabin temperature control system, sunroof,

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*completion time. Braking based on stopping distance from 50-0 mph on a wet road surface. Interior quietness based on decibel level. **Standard except on XE models. ***S.R.P. for Altima XE excluding taxes, title, license, destination charges, locally required equipment and options. XE model shown with optional alloy wheels.*

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u did the right thing"

inued from page 50

Vegas hotel—was far more serious shocking than any sophomoric prank. People started grabbing at my t . . . at my skirt," Coughlin later told *Navy Times*, in the most extensive ac- it published of the assault. "Another reached up between my legs, under skirt, and tried to pull my panties Somehow, she managed to get away h her attackers and run to safety.

et, Coughlin's boss, Rear Admiral : Snyder, brushed her complaints e when she asked him to do some- g to punish the men who had at- ed her. His response: "That's what get when you go on the third deck of drunk aviators."

strong, feisty woman, Coughlin fi- y exploded at Snyder one day in the ce where she worked with him. at's *not* what I get!" she yelled, shak- a finger in her boss's face.

he then took complaint to der's deputy, officials be- an investiga- the following ith that led to der's removal n his post ough not from Navy). But it the uproar over interviews with C News, the *shington Post* the *Navy es*, all within of each other, led to the res- ation of Navy etary H. Lawrence Garrett III.

nortly after she went public, Cough- vas invited to the White House for a ting with President Bush, and the y began a serious crackdown on the re of sexual harassment that the ex- s say permeates all the branches of rmed services.

or Coughlin, though, any sense of mph or vindication appears to be ered by one of betrayal. She comes a family with a strong naval tradi- (her father served as a pilot for ty-six years, and she herself is a uate of an ROTC program), and she ly regards the Navy as an integral of her life. "We're not talking t a group of gangsters or a street that attacked me," Coughlin told *Navy Times*. "It was part of my ex- ed family. Aviators."

far, though, Coughlin's fellow offi- have shown her very little sympa- Some people said she simply ght it on herself. And her interview with the *Navy Times* drew some surprisingly hostile responses. "Smart people don't go to a hotel where there are a few hundred drunken men in attendance and not expect to get grabbed and hit on," one Navy wife wrote after the *Navy Times* interview appeared. "I don't think Admiral Snyder or Secretary Garrett should have had their careers ruined because of your stupidity."

A retired Navy man, expressing a similar blame-the-victim mentality, wrote that Coughlin might have fended off an attack if she had been a little more, well, *ladylike*. "A quick 'How dare you!' instead of 'What the —— are you doing?' might have brought the participants to their senses," he suggested.

But over the past few months, there have been signs of support as well: Other military women have written to Congress to detail the abuse they, too, have suffered in the service.

And the ongoing investigation of sexual harassment in the Navy has turned up rolls of film, taken at the Tailhook convention, of a seventeen-year-old girl who was stripped of her jeans and underwear as she was pushed down the gauntlet of aviators. The men involved in this incident may face disciplinary action.

"We're not talking about a group of gangsters or a street gang that attacked me," said Coughlin. "It was part of my extended family."

The reverberations were felt outside the military as well: Hilton Hotels, where the convention took place, issued a statement saying that the aviators' group is no longer welcome in any of its facilities. Finally, the Tailhook Association has apologized publicly to the women who were sexually harassed and assaulted at its 1991 convention, calling the incident "a source of embarrassment."

Despite such encouraging signs, Coughlin says she knows that "thousands of aviators out there hate me." Nonetheless, she has remained on official duty, and is now learning to fly the H-53, a troop transport helicopter.

There is no indication that she regrets her disclosure. "I have an obligation as a human being to let everyone know that you have to come forward when something bad like that happens," Coughlin says. "People I don't even know have called and said, 'You did the right thing.' " ■

Maureen Santini is a reporter in the Washington, D.C., bureau of the Daily News.



Switched at birth







THE FAMILIES WHOSE LIVES WERE SHATTERED BY THE BABY SWAP (CLOCKWISE FROM TOP LEFT): BOB AND KIMBERLY MAYS, ERNEST AND REGINA TWIGG; ARLENA, THE CHILD THE TWIGGS RAISED AS THEIR OWN

The news shocked the nation: two baby girls switched in the maternity ward of a small Florida hospital. Although the truth was discovered several years ago, the case is still far from resolved. Here, for the first time ever, one of the mothers tells her story of anguish. Plus: chilling new evidence about why the switch took place

BY LORETTA SCHWARTZ-NOBEL

IN NOVEMBER 1989, THE LIVES OF two families, the Twiggs and the Mayses, were changed forever when blood tests proved that Kimberly Mays, then eleven, was actually the biological child of Ernest and Regina Twigg, who had recently suffered the loss of Arlena, the child they thought was their blood daughter. It was determined that Kimberly and Arlena had been switched in the Florida hospital where they had been born in 1978, just days apart.

The baby swap first came to light in 1988, when blood tests performed on Arlena, who had a congenital heart condition, showed that she wasn't the Twiggs' daughter. Arlena died a short time later, and the grieving family began a desperate search for their biological child. Kim was discovered living with her "father," Bob Mays, near Sarasota, Florida (her "mother," Barbara, had died of cancer when Kim was only two).

The baby swap was every parent's worst nightmare. People across the country wondered how such a thing could have happened; some wondered whether it was really true. What most people did seem to agree on was that Bob and Kimberly were the (continued)

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innocent victims of this tragedy. Ernest and Regina Twigg, who had seven other children, were perceived to be the villains, intent on taking away Bob's only child.

Yet is this the whole story? Writer Loretta Schwartz-Nobel, whose book "The Baby Swap Conspiracy" is due out this month, began to investigate the case more than three years ago. After extensive research, a frightening but incomplete picture of what really happened in Hardee Memorial Hospital began to emerge. Here is that story.

"This isn't my baby"

By eleven P.M. on December 2, 1978, Regina Twigg knew she was in labor. The fact that she was thirty-six and that this was her seventh baby didn't make the experience any less frightening. Especially since her last baby girl had died from a heart condition at the age of six weeks.

Regina knew how important it was to choose good medical care for this baby. So she had selected Dr. William Black and Hardee Memorial Hospital, in Wauchula, Florida, even though it was about an hour's drive from her home in Sebring.

At Hardee Memorial, Dr. Black met Regina and her husband, Ernest, in the labor room. He joked to Ernest, "Adding another Twigg to the family tree? When is she putting you out to pasture?"

Ernest shrugged, embarrassed. Between contractions Regina managed to flash a smile. Dr. Black had a good rapport with his patients, she thought. He made her feel that he cared about her and Ernest and their baby.

Dena Spieth, an experienced registered nurse, was also on duty that night. At about three A.M., Spieth wheeled Regina into the delivery room and gave her a spinal block. The next thing Regina remembered was the proud glow on Ernest's face and hot tears on her own.

"Congratulations," Dr. Black said. "Looks like you have a healthy little girl."

Spieth brought over three bands with printed identification numbers. On each was Regina's name and hospital number, the date, Dr. Black's name and the time of delivery. She attached one ID band to Regina's wrist, one to the baby's wrist and one to the baby's ankle. Spieth adjusted each band so that it wouldn't be too tight or too loose; then she was supposed to close the metal clamps to ensure that the bands couldn't fall off or be unclasped in any way. It was one of several safeguards that Hardee Memorial had to prevent babies from accidentally being switched.

That evening, Regina's spirits were high. At about six P.M., she walked down the hall toward the nursery. As she passed room 210B, a private room, she saw a tall, slender young woman holding a baby. "Hi," Regina said, stopping in the doorway. "What did you have?"

"A girl," the woman answered, but there was no joy on her face. She looked like she'd been crying.

Just then, the night supervisor came down the hall. When she saw the two women talking, she quickly guided Regina away. "That's a very sad situation," she whispered.

Though Regina didn't know it at the time, the woman she had spoken to was Barbara Coker Mays, who had given birth just four days earlier. The hospital staff knew Barbara and her family well; in fact, the Cokers were one of the prominent founding families in Wauchula. They played such an important role in everything from tax assessments and elections to ranching and financing the building of the hospital, that without them, some people said, the area never would have grown as it did. Barbara's mother, Velma, did volunteer work at Hardee Memorial. In short, Barbara Mays had powerful family connections in a town where connections meant everything.

The next morning, a nurse wheeled Regina's baby into her room. Regina frowned as the child lay limply in her arms. "This doesn't look like the same baby," she said.

"It doesn't look like the same baby?" said the nurse, sounding astonished. "Why wouldn't it be the same baby?"

"My baby has strawberry-blond hair and pink skin," Regina said. "This one has darker hair and a dusky complexion."

"You're just a nervous mother," the nurse replied. "That's your name on the arm band, isn't it?"

Regina checked the ID bracelet on the infant. "See, like I told you, you're just a nervous mother," the nurse said again.

Regina tried to nurse the baby, but the infant was having trouble. Regina held her up and looked at her again very closely. The baby's skin definitely looked darker than Regina remembered. She noticed that there was a blueness around the infant's lips. "Oh, my God, she's turning blue," Regina said out loud.

"Excuse me, but I can't get her to eat," Regina called as the nurse walked by. "I don't know why. She did fine yesterday, but now she's turning blue."

"Oh, don't worry about it," the nurse said. "I'll give her some sugar water."

When Ernest arrived that evening, Regina poured out her fears. "I know you're going to think I'm crazy, but the baby they brought me today doesn't look like our baby. I think it's the wrong one. She's darker, and her lips are blue."

Ernest looked at her as if she were out of her mind. "Don't talk like that, Regina," he said. "That's really sick. It's crazy. I don't ever want to hear you talk like that again. What's wrong with you?"

Ernest was so happy, and I'm spoiling everything, Regina thought. I guess I'm wrong. I must be crazy or just too n vous. "I'm sorry, honey," she sai "Maybe she just picked up the dark look because of the Indian blood in yo family, and it took a while to show up."

"Probably," said Ernest. "Get so rest. I think you're just tired."

At ten o'clock the next morning, ju before Regina and the baby were to discharged, Dr. Ernest Palmer, a we known physician in the community and the doctor who had overseen t birth of Barbara Mays's baby—came in the room with a nurse at his side. Fro the expression on Dr. Palmer's fac Regina knew something was wrong.

"Dr. Black is out of town today Palmer began. He sat down next to Erne "Mrs. Twigg, we understand from yo chart that there is a history of heart disea in your family. And that your last little g died of a heart problem. I'm sorry to ha to tell you, but this baby has a very seric congenital heart condition, too."

Regina began to sob, tears pouri down her face. Ernest struggled to ke his composure.

And for the next nine years, the Twig loved and cared for the child they nam Arlena—a daughter, they later learne who was never really theirs.

Finding out the truth

Arlena's heart condition required almost consta care. Medication helped keep her conditi stable, but sometimes she became weak a her heartbeat irregular. In the fall of 1985, af one serious emergency, when Arlena's heart most stopped, Regina decided that it was ti to pull all her daughter's medical records toge er. She also scheduled a new blood test for child. But the results of that test stunned Regin

The doctors reported that Arlena blood type was B. Regina knew somethi was wrong. Her own blood type was O ne ative, and Ernest's was O positive. "Tha impossible," she said. "Test her again."

The results of the second test were t same. The lab technician said that perha the medicine Arlena was taking to regula her heartbeat was changing the appearan of her blood type.

"What will my husband think?" Regi asked. "You don't get a B from two O's."

Ernest was now living and working Pennsylvania, where the family would l er join him. Regina was afraid to tell hi the disturbing news over the phone, she didn't say anything.

She began asking other doctors ho this could happen. No one knew. B Regina saw a look in their eyes that sai "Come on, lady, who else have you be sleeping with?" That only made her mo afraid to tell her husband.

Regina tried to convince herself th Arlena's medication must be the culpr She let the matter drop.

By the time Arlena was seven or eigh she had lost much of her *(continue*

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strength. When she became too weak to go to school, Regina and Ernest knew they had one last hope for her survival—heart surgery.

In November 1987, they took Arlena to Deborah Heart and Lung Institute, in New Jersey, near their new home in Pennsylvania. Blood tests had to be done before the surgery could be scheduled; the results were mailed to the Twiggs' home.

Ernest read the letter over and over. He was baffled and frightened. "How could it be possible?" he asked.

Regina called a friend who was a nurse to ask what they should do. "Go to Johns Hopkins and have genetic testing done," the friend urged. "For God's sake, Regina, you can't just wonder if they should use an O positive transfusion or a B transfusion. You *have* to know."

Five weeks after the tests at Johns Hopkins, Wilma Bias, the head geneticist, called. "Mrs. Twigg," she said, "you must come to Baltimore, both you and your husband. It's extremely urgent."

When the Twiggs met with Bias, she told them, "We have proven beyond any doubt that Arlena is not genetically linked to either one of you."

Regina gasped and slumped down in her chair. Ernest turned pale and clutched his chest.

"Where is she? Our birth baby? Is she still alive?" Regina finally asked.

A psychiatrist, who was also present, spoke tentatively. "Do you think that maybe if you find out that she is in a happy home, you might just stay out of the picture and leave her alone?"

Regina felt dizzy. "Are you suggesting that we're not even supposed to let this child know that we are her parents? How can we find out what's happened to her, unless she also has genetic testing done?

"Maybe the girls could be like sisters," she added, her voice softening. "Maybe I could become friends with the other mother." As she spoke, a long-forgotten image slowly returned and took hold. An image of a young woman crying in a hospital room, holding a tiny baby.

"Oh, dear God," Regina moaned. "She was holding Arlena. Arlena was her baby."

A mother's grief

Arlena underwent heart surgery on August 22, 1988, and at first, the operation was deemed a success. But that very evening, her condition suddenly worsened, and she slipped into a coma. A short time later, she was dead.

Regina, Ernest and the children were overwhelmed with grief. Why, God, Regina kept thinking, Why didn't you let me die instead of her?

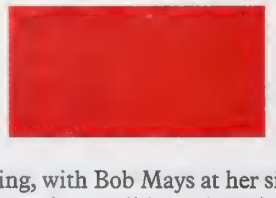
Regina knew that now more than ever, she had to find her other daughter. She and Ernest filed a lawsuit against Hardee Memorial, and the media immediately picked up the story. A private investigator hired by the Twiggs tracked the Mayses down by checking hospital records. When newspapers ran the first picture of Kimberly, Regina knew instantly that she had found her daughter.

A motive for the baby swap

As journalist Loretta Schwartz-Nobel began to investigate the case, she discovered more and more information that seemed to indicate that the switch had not been accidental. Why did it happen? Here's what she learned:

Even though Barbara and Bob Mays left the hospital with a healthy baby daughter, hospital records show that at birth, their baby had blue extremities, poor circulation and type-B blood, the same blood type that the Twiggs' daughter, Arlena, was later discovered to have. Barbara had had a caesarean section because her baby was experiencing cardiac distress. The nurses' notes indicate that after learning about her baby's illness, Barbara was "very upset and crying, with Bob Mays at her side."

"We have proven beyond any doubt," the doctor told the Twiggs, "that Arlena is not genetically linked to either one of you."



It is not impossible to imagine then, that in a hospital where many of the doctors and nurses knew her family, someone felt sorry for Barbara, a woman who had tried for ten years to have a baby, only to learn that her infant wasn't expected to live. When Regina Twigg delivered a healthy daughter just four days later—and hospital records showed that the Twiggs' previous child had died at six weeks from a heart condition—someone at the hospital may have decided that Barbara Mays's sickly child could easily be passed off as Regina Twigg's.

On December 5, just before Regina and her baby were to be discharged from the hospital, a physician, Adley Sedaros, did the final hospital examination of the Twigg baby and discovered the fatal heart condition. Sedaros scheduled diagnostic tests, including a blood-gas test, which Dr. Palmer then canceled. That test would have revealed that the baby's blood type did not match either Regina's or Ernest'

Arlena's birth certificate had also b altered. Under "birth defects" the w "none" had been crossed out and placed with "congenital heart disease."

Finally, nurse's aide Patsy Webb, w had worked in the nursery when Arl and Kimberly were born, said that identification bracelets put on babies prevent accidental mix-ups could slipped on and off. After the baby swap came public, Kathryn Drevermann, a c venience-store clerk, came forward, cla ing that Webb had come into the store a said that she had been ordered to swi Kim's and Arlena's ID bands. "She told money was involved, but she didn't kn how it had changed hands or how mu was involved," Drevermann said.

Witnesses speak out

Loretta Schwartz-Nobel was determined find out more. On December 10, 1991, traveled to Hardee County, Florida.

She talked to Kathryn Drevermai the former convenience-store clerk, w was able to confirm from memory eve thing she'd said before in sworn sta ments to private investigators.

Then Schwartz-Nobel found Pa Webb, bedridden and hooked up to oxygen tank. At first she had nothing say. But she finally admitted, "Yes, I member those babies."

When asked if she knew who h switched the babies' bands, she shc her head. "I can't say too much," s said. "Besides, if it was me, I would admit it now." Patsy denies ever talk to Kathryn Drevermann.

When former nursing supervisor D Spieth was asked about the switch, s defended the doctor who had told Twiggs about Arlena's heart conditi "I am absolutely in love with I Palmer," she said. "He would not h ordered those babies switched. I do think there was a switch at all." A Palmer himself denies any knowledge the switch, according to his lawyer.

An uncertain future

On June 7, 1991, Ernest and Regi Twigg agreed to accept a $7 million s tlement from Hardee Memorial Hospit

In July 1992, the hospital declar bankruptcy, citing the baby-swap case one of the major factors.

But Regina Twigg still does not h her daughter. After only four meetings tween the Twiggs and Kimberly, B Mays cut off all visitation and phone c tact. A custody trial scheduled for J was postponed when Regina developed aneurysm—a temporal artery that burst her head. Although she is now in go health, no new trial date has been set.

"It's about time we all found out" w happened, Regina Twigg says, tears in eyes. "It's about time, don't you think?"

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CLASSIC JOAN KENNEDY

Election years are generally pretty busy for the Kennedy clan, and for Joan Kennedy, this month will be especially hectic: She's working for the reelection of her son, Patrick, a state representative in Rhode Island, and her book, *The Joy of Classical Music: A Guide for You and Your Family* (Doubleday, 1992), is being published. An accomplished pianist and music teacher, Kennedy got the idea for the book from the late conductor Leonard Bernstein, who wanted to write a guide on how to make classical music part of everyday family life. "He said, 'Why don't *you* write the book? You're not intimidating, like I am. You're just another nice, middle-aged lady,' " recalls Kennedy. "After all," she adds with a laugh, "the whole world loves a mother." Especially one who can carry a tune.—LAUREN DAVID PEDEN

The King's biggest fans

HE'S BEEN GONE FOR FIFTEEN YEARS, BUT AS A NEW TV MOVIE SHOWS, ELVIS STILL LEAVES MANY OF HIS FANS—INCLUDING ROSEANNE AND TOM ARNOLD—ALL SHOOK UP

When Roseanne and Tom Arnold were shooting their new TV movie, *The Woman Who Loved Elvis*, in Tom's hometown of Ottumwa, Iowa, they quickly discovered just how many admirers the King still has. Dozens came from every part of the state, bearing Elvis memorabilia that they hoped would be used in the movie. Says executive producer Joan Barnett, "We had a wonderful collection of Elvises, and we noticed that every country produces Elvis in their own image. For example, we had one that was very Nordic looking—we called him 'Swedish Elvis.' " Other keepsakes included innumerable portraits on velvet—none of which made it into the film—and an Elvis decanter set worth thousands of dollars.

Based on the book *Graced Land*, by Laura Kalpakian (Grove Weidenfeld, 1992), *The Woman Who Loved Elvis* tells the story of Joyce Jackson (Roseanne), a welfare mother struggling to raise two children on her own. (Tom stars as her estranged husband, Jack.) Joyce's obsession with Elvis eventually leads her to turn her home into a shrine—hence the mementos. "With all of the media coverage we see on Elvis, we thought it was time to see him through the eyes of a fan," says Roseanne, who also executive-produced the movie. "And we're *big* fans, always have been."

The Arnolds didn't contribute any souvenirs of their own to the movie, which is set to air this month on ABC. But they did host a barbecue for cast and crew—along with the rest of the town, who had plastered the streets with signs saying "Welcome Home, Tom and Rosie." Even Miss Iowa showed up, after serving as Roseanne's lighting stand-in during the six-week shoot (the two women are the same height and have the same hair color, we're told). She wasn't the only Iowa resident to get a taste of show biz, though. "All of the Arnolds' relatives and neighbors are in the film," says Barnett, laughing. "Both his grandmas, his dad, his stepmother... it was like an Arnold home movie."



LOVE HIM TENDER: Roseanne Arnold strikes a pose with one of the many mementos from the film *The Woman Who Loved Elvis*

— MELANIE BERGER



A royal pain

She may be the richest woman in the world, but Queen Elizabeth may also be one of the most unhappy. After all, she presides over a dysfunctional family whose antics and dalliances make worldwide headlines: One daughter-in-law (the Duchess of York) is splashed topless across the tabloids; another (the Princess of Wales) reportedly made illicit phone calls that were taped for all the world to hear; and a son (the Prince of Wales) is so cold and uncaring that his wife had to resort to tabloid tales in order to have her grievances heard.

With a track record like that, it's no wonder the Queen always maintains a stiff upper lip—and nowhere is that more apparent than in a new movie airing this month on PBS, *Elizabeth R: An Intimate Portrait* (check local listings for date and time).

According to the film's producer, Edward Mirzoeff, the Queen, sixty-six, still believes that the monarchy should be surrounded by a powerful mystique. But it's just that kind of attitude that may have damaged her life—and her children's. Indeed, when one considers that Prince Charles has to make a written request whenever he wants to speak to his mother, it's easy to understand why he can't relate to his *own* wife and kids.

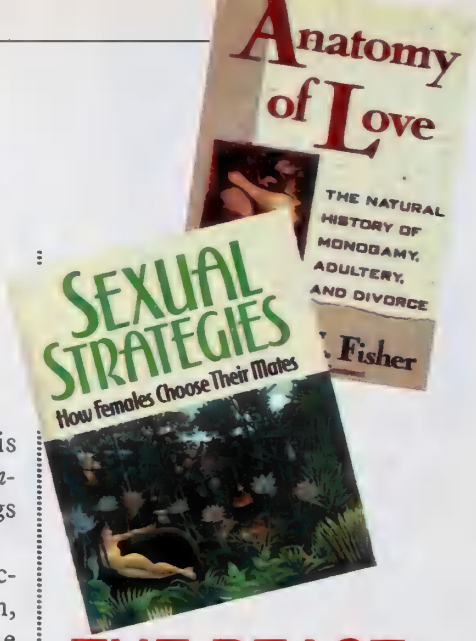
Some of the most revealing scenes in *Elizabeth R* focus on the Queen's relationships with other members of the royal family. Whenever they're together—whether posing for a group photo or dancing a Scottish jig at Balmoral castle—the Windsors seem to adopt a tone of false happiness, perhaps hoping that forced smiles will cure all their ills.

Unfortunately, the pretense doesn't work. Diana becomes painfully restrained as soon as she enters the Queen's presence, while Charles seems utterly indifferent toward his mum. As for Elizabeth herself, she seems most comfortable around her own mother and her grandchildren—the people who are least likely to question her role, or how she carries it out.

—M.B.



ALL IN A DAY'S WORK: THE QUEEN CHOOSING CURTAINS FOR ONE OF THE WINDSORS' RESIDENCES



THE BEAST WITHIN US

Monogamy is a hot topic these days, but as the authors of two current books have discovered, staying faithful is a challenge as old as time. Mary Batten, the author of *Sexual Strategies: How Females Choose Their Mates* (Tarcher, 1992), says the desire to cheat goes back a million years: While early women looked for reliable men who would make good fathers, early men's natural urge was to mate with as many women as possible in order to ensure the continuation of their genes.

Anthropologist Helen E. Fisher, author of *Anatomy of Love* (Norton, 1992), sees evidence of the same trend today: She found that married couples are most likely to divorce after four years, an impulse that's rooted in our distant past, when couples stayed together only long enough to raise children out of infancy. The more things change, it seems, the more they stay the same.

—Sarah McCraw

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"My toughest moment"

SIX TOP STARS TALK ABOUT THE MOST DIFFICULT SITUATION THEY EVER FACED—AND HOW THEY HANDLED IT. BY GLENN PLASKIN

GLORIA ESTEFAN

"Coming into the light"

In 1968, U.S. Army Captain José Fajaro returned home from Vietnam a broken man, suffering from a degenerative disease attributed to Agent Orange. And nursing him was his daughter, "Glorita."

"I always had a premonition that I would encounter a disaster, just like Dad," says pop superstar Gloria Estefan, thirty-four. "He eventually lost his mental ability, and I had to wash him and feed him. Very depressing for a teenager. Singing was the only bright spot in my life."

Graduating from the University of Miami in 1979, Gloria had married accordion player Emilio Estefan a year earlier. She sparkled as the vocalist in her husband's band, the Miami Sound Machine.

What began as "a weekend thing," she says, turned to gold in 1985, with the monster hit, "Conga"; ten million records were sold over the next five years. Then, on March 20, 1990, her tour bus crashed in a snowstorm. "Here it was, *the nightmare* I knew I would somehow encounter," says Estefan, asleep when a speeding semi crashed into the bus. "I felt an explosion; I woke up on the floor, couldn't move my legs; I clung to the hand of my son," Nayib, then nine. Nayib broke his collarbone, Emilio broke two ribs, and Estefan broke her back.

To repair Estefan's spine, doctors had to slice her back muscles and insert two steel rods. The pain was excruciating.

Petrified of becoming a burden to those she loved, Estefan fought back with extensive physical and musical therapy. "Emilio coaxed me back into writing music again," she says. Ten months later, Estefan released a new album, *Into the Light*.

Since her return to the stage in 1991, the singer has danced her way to total recovery: "I wanted to prove you can deal with a problem and get beyond it."



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Bear in mind that "Every Cloud Has a Silver Lining" is a baby doll by an award-winning artist, much like the exceptional dolls we recommended in the chart. "Silver Lining" has similar credentials that make her potential for market success also seem promising.

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ittle Teardrop is a baby angel who can't help shedng tears for the sad folks she sees on earth. Now she bs away her last tear, for she's about to discover that r own little cloud…and *every* cloud…truly has a silver ing! As she brings *you* that gentle message, she'll earn r wings.

"Every Cloud Has a Silver Lining" by artist Cindy M. Clure is the first issue in *Heavenly Inspirations*, a collecn of baby angels bringing thoughts of hope and good eer.

ality Craftsmanship in Every Detail

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KATHARINE HEPBURN

"I've lived the life I've wanted to"



For years, she's endured conditions most women would find daunting: a bum hip, a steel rod in her ankle (thanks to a 1982 car accident), and the tremorous shaking of her hands.

But, still feisty in her mid eighties, Hepburn also refuses to let these infirmities debilitate her: "I don't get down, even when I'm sick," she says.

Her stoic attitude is evidence of an inner strength, a strength that saw her through one of the most difficult events of her life: falling in love with Spencer Tracy, a married man who would never consider leaving his wife.

"When I met Spencer, everything changed for me," Hepburn says. From *Woman of the Year*, in 1942, to *Guess Who's Coming to Dinner* in 1967, Hepburn not only worked with Tracy but carried on a romance with him, nursing him through his bouts of alcoholism and depression. But in public, the grande dame of Hollywood had to play second fiddle to Tracy's wife.

So Hepburn resigned herself to a life without marriage or children. If she has regrets, she doesn't let on: "Taking certain trails in life fixes it so that you can't take others. A husband would not have been compatible for me anyway. I was ambitious and knew that I would not have any children. I wanted total freedom."

But surely Hepburn feels lonely at times. For even though she's stayed busy, writing a best-seller called, simply, *Me*, she has never had a companion to replace Tracy.

"Nope," she answers, "I've lived the life I've wanted to."



DOLLY PARTON "A year of heartache"

Alone in her bedroom, recovering from a hysterectomy and overweight by forty-five pounds, Dolly Parton eyed the gun in her nightstand drawer.

"I was sorrowing, depressed . . . *very* low," she says. The next moment, though, her dog, Popeye, came bounding up the stairs, jolting her back to reality. Parton believes Popeye was a messenger from God. "I thought, I'm too chicken to kill myself—so why don't I *juuust* get up and do something about making things better?"

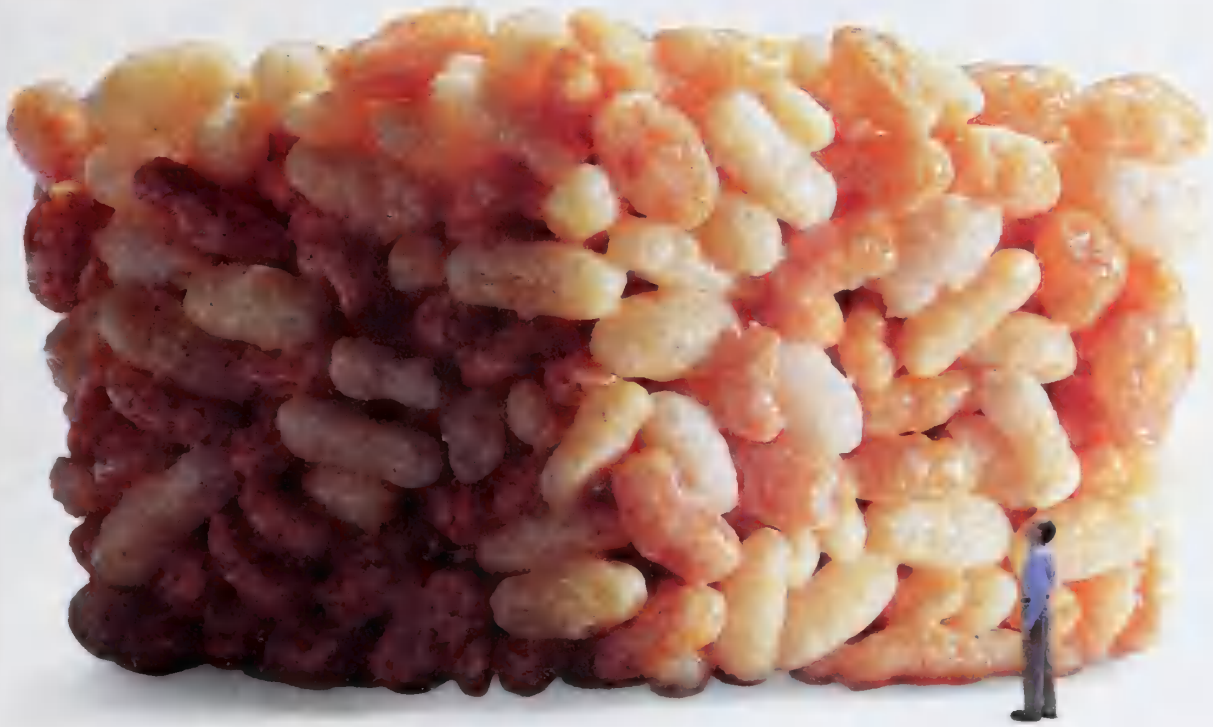
The story begins in 1982. "My hardest time," Parton, forty-six, reckons. It was the year she made the widely panned *Best Little Whorehouse in Texas*, with Burt Reynolds. "Makin' that movie was nothin' but heartache," she says. "I was already sick with female problems. Also, Burt was in a bad place [said to be throwing tantrums], all because he was gettin' over *his* heartache with Sally Field."

Then, in September, Parton collapsed at a concert in Indianapolis. "I got dizzy and weak, and fainted right on the stage."

Soon after, a partial hysterectomy threw Parton into a deep depression. "For about six months I woke up every morning feeling dead," she remembers.

Finally, one day, "the light came into my room." She smiles. "I told myself: 'You're either going to blow your brains out or *get off your fat ass and lose weight and get into a better place in your mind*.' "

Ever since, Parton—who slimmed down from 165 to 105—has been aflight, running her own theme park, Dollywood, and her production company, Sandollar Productions. She's even penning a series of books about positive thinking. "I'm trying to show there is hope. I want to be a light, I want to shine; and I hope my shinin' helps somebody walkin' in shadow."



Taste shown actual size.

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CHER Getting close to herself

"I'm having a mid-life crisis," booms Cher, emerging into the spring air after a hibernation of eighteen months. During that time, Cher battled chronic fatigue syndrome and survived a breakup with Bon Jovi guitarist Richie Sambora.

So Cher, now forty-six, is reassessing everything. Like her duplex in New York City: "It was getting too rough downtown," she says, "and I don't have that kind of fight in me anymore." Malibu and Aspen are becoming her new venues.

Like her former loves: "At one time, I wanted to marry Robert [Camilletti] really badly, but he needed time to go off and find himself. And being with Richie [Sambora] was like trying to hit a moving target. When he was ready, I wasn't." She discovered "loneliness is not the worst thing that can happen to you."

Cher also used to think her two children, Chastity Bono and Elijah Blue Allman, were enough. "But I'd consider having another baby in a heartbeat," she says.

Her newfound serenity, she says, results from putting all her energy into fighting chronic fatigue. "It was rough," she says. "My doctor put me on Japanese and German herbs, and massive amounts of vitamin C." About the only remedy not required was a boyfriend. She says, laughing: "Actually, not being with anyone for eighteen months was refreshing."

Is she still vulnerable to love? "Absolutely. God, if I lost that, I would feel terrible."

So is she out of hibernation? Not yet. "For me, it's good to go into hibernation. I needed to come in and get close to myself. And that's exactly where I am—and it feels great."

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EILEEN BRENNAN

"You never know when it's going to hit you"

Goldie Hawn and Eileen Brennan, best friends since *Private Benjamin* invigorated their careers back in 1980, were hugging good-bye outside a restaurant in Venice, California, in 1982.

"One minute I was laughing with Goldie at her car," Brennan, fifty-seven, recalls, "and the next thing I knew, I was propelled right into a blissful white light." Brennan had just been mowed down by a car.

She suffered massive internal bleeding, had both legs crushed, nose broken, skull and facial bones fractured. But three days later, the actress mysteriously awakened from a coma.

"Imagine," she exclaims, "coming out of this place of enormous peace and waking up to *excruciating* agony." Only narcotics could ease the pain.

Brennan returned home to find that her new TV series, *Private Benjamin*, had been canceled: "I saw no point in living. M legs were crippled. My career was d stroyed." Learning to walk again, Brenn remained hooked on painkillers and w deeply depressed until 1984.

The real turning point was enteri the Betty Ford Center to battle her dr dependency. "I found that self-pity w a destructive force. Suddenly, my l was put back in my lap. I said: 'It's up you, baby. You can *do* it.'"

And she did. As for her still-crea legs and the pain, she says, "I just do t opposite of what my 'lower' self tells to do—which is to bitch and moan a grab a dish of Häagen-Dazs."

Today, Brennan believes that "a tu ing point is something that take whole lifetime to understand. You ne know when it's going to hit you, but y better keep your eyes open."

Siesta Dips.



© 1992 The HVR Co.

WYNONNA JUDD *"I was just Naomi Judd's kid"*

ne single mother on welfare refused to surrender to poverty after her divorce in 972. First, she earned a nursing degree; next, she changed her name from ana Judd to Naomi; then, in 1979, she moved her two daughters from exington, Kentucky, to Nashville, chasing her dream of country-music stardom.

"Mom was always a warrior for me, a fighter, incredibly brave," beams ynonna Judd, the once-introverted Christina, who changed *her* name to ynonna after Wynona, Oklahoma, a town whose name she heard in the pop ng "Route 66." *Voilà!* The Judds blossomed as country's hottest female duo, cking up eighteen number-one hits, four Grammys, and millions of dollars.

"It was like hitting the lottery," Wynonna says, laughing, "and *performing* gether was the closest to flying I'll ever come." Offstage, Wynonna relied eavily on her mother's managerial skills: "For eight years, I could never even id my *shoes*, so on the road she took care of everything." Then in January 990, Naomi Judd was diagnosed with chronic active hepatitis, a potentially tal liver ailment that forced her into retirement at age forty-five. "I was evastated," Wynonna says. "Seeing her helplessness was *horrible*." So was e wrenching decision to carry on solo: "It was death and rebirth. I didn't feel I id any identity as Wynonna. I was in shock, and I didn't feel I had any *right* to rry on without her; Mom had worked so hard, and I was just 'Naomi Judd's d.' The guilt factor was pretty high because I didn't feel worthy."

No longer. With a critically acclaimed first solo album titled *Wynonna Judd*, e twenty-eight-year-old star says she's learning she has a right to go on.

"In the studio without Mom," she says, "I was terrified. Now I'm trying real rd to see the break not as a tombstone, but a stepping stone."



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Hot Spots Sweepstakes

Dear diary, today was the capper to one hectic week! Hit the deck running, quickly showering and shaving my legs with my (31) _____ _____, a razor worth holding onto and applied (28) _____ ___ _____ daily UV Protectant, the ultimate combination for healthy, younger-looking skin. I slowed down only long enough to eat some (73) _____ cereal. Good thing the taste really goes over big – it's a long time till lunch.

I worked all morning on my client presentation and ate handfuls of (171) _____ _____ beans, America's favorite jelly bean, from the jar on Anne's big desk. I knocked her pack of (8) _____ _____ onto the plush carpet. Picking them up, I thought: Anne, you've come a long way, baby. I also noticed her shopping bag from (193) __ __ _____, where you get the maxx for the minimum.

As my boss and I reviewed the strategy for our meeting, we took time out for a snack of (277) ____ _____ Fruit Naturals, the best thing next to fresh, and apple spice cake made with (253) _____ _____ Nonfat Yogurt, a very healthy habit for life.

Irene phoned to confirm our weekend plans and to tell me all about adding ultimate color to her hair with (14) _____ _____ and her Skin Analysis by (146) _____, the world's premier skin care and image company. While she talked, I lit up my fashionably inexpensive (194) _____ cigarette.

I decided to call Sarah and have her start dinner: chicken with (239) _____ _____ _____, the secret worth passing around and (237)_____ _____ & _____ as one of the side dishes. They're that good!

At the shopping center, I ducked into the drugstore for (123) _____ ___, because I trust the cure I know. I picked up a box of (145) _____, too, for long-lasting comfort. The stress of the last few days had really taken its toll.

I could smell dinner when I walked in the door. Sarah was beaming. "Hi, Mom. Guess what? I decided to make dessert, too – (251) _____ Famous _____ ____." "I hope you made more than one, because after dinner, Eric is coming over to watch a video with your brother – my chance to escape into one of my new HarperPaperbacks (22) _____ ____ _____."

Dear diary, thanks to aspirin-free (23)_____ ____ and a considerate family, I slept later this morning. Following their breakfast of (48)_____ _____ _____, to which I always gladly say Okay, Sarah read, and Christopher turned on his imagination with his (158) _____-_____ _____ _____ _____.

After treating my face to Avon's (34) _____ Perfecting Complex, I came downstairs. John looked up from the shopping list and said, "Hi, want to add anything?" "Yes, we need (124)_____ _____ soup for lunch, because I know you would never settle for less...and for dinner, it just has to be (259) _____ _____ _____ _____. Be sure to pick up (111) _____ _____ Plus Fiber, which makes every day feel this good. The Thanksgiving turkey has been ordered, but we'll also need (249) _____ ____ Stuffing Mix, it makes any occasion more special, and (173) _____ so I can serve pigs in blankets while the bird cooks, and (226) _____ cereals for Party Mix as easy as 1-2-3. Oh, and don't forget (101) _____ cigarettes, lowest in tar and nicotine for Mom." "You know," said John, "by buying smart like this, we can earn (109) _____ _____ on participating products and fly free on our next vacation."

Just then the phone rang. It was my neighbor, Lisa, asking if I'd mind picking up a few things for her. So I added an ultra (136/147) _____ _____, the no dilution solution, to the shopping list, along with (62) _____- _____ a fast and easy cure for a yeast infection. Glad I could help out a friend.

While my husband went shopping, I revved up my (66)_____ _____ Plus vacuum cleaner and got the performance I expected. The doorbell rang. It was my (87) _____ _____ beauty consultant. "I came by to help you discover a beautiful new you," she said. "Let's make an appointment for next weekend. I'm just about to color my hair with Clairol's new long-lasting (1)_____ _____ by _____ _____."

Later, as I smoothed on Maybelline's (2) _____ _____ make-up and powder, I looked in the mirror and thought, maybe I'm born with it. Then I sprayed on (33) _____ _____ _____, a fragrance I wear so often that I'm their beautiful advertising, and got dressed to go out. Until tomorrow...

( )

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Are you a b_tch?*

It rhymes with rich—and you probably know a few. But you couldn't possibly be one yourself—or could you? Here's the lowdown on bitchiness


SCARLETT O'HARA


ERICA KANE


JOAN CRAWFORD


LEONA HELMSLEY

BY ANDREA GROSS

Every woman knows the feeling. You're angry, frustrated, out of sorts. You hear words coming out of your mouth that are shrill, biting, uncharacteristically harsh; or you suffer in silence but make sure everyone knows you're annoyed. And then you hear the dreaded word: "Bitch!"

It is a word that is contemptuous and insulting—the ultimate put-down for a woman. For while a bitch is assertive and confrontational, she is also downright mean, often using sharp-edged wit to skewer those around her. A nasty, narcissistic streak sets her apart from women who are simply aggressive or abrasive. A bitch is unforgivably self-centered.

Take, for example, two renowned bitches: Leona Helmsley and Scarlett O'Hara. On the surface, these women are very different—one is a tough New York businesswoman, the other, a fictional Southern belle. Yet, says Barbara Benedict Bunker, Ph.D., associate professor of psychology at the State University of New York at Buffalo, "the image of both Helmsley and O'Hara is of people *(continued)*

**Editor's note: Yes, we know we're being coy about a subject that we believe deserves to be discussed. But we just couldn't bring ourselves to put into large type a word that's so demeaning to us all. Don't you agree?*

PICTURED, SOME OF THE WOMEN WE LOVE TO HATE

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Debbie Reynolds



Debbie Reynolds and her husband, Richard Hamlett

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Are you a bitch?

continued

who were tuned in to their own needs and didn't care about the feelings of other people." In other words, bitches are selfish and insensitive.

According to the rules of our society, only women can be bitches; men who are aggressive and self-centered are considered normal. "The word 'bitchiness' exists as a special label for a condition that occurs equally in men and women," says Bunker. "But the idea that a woman can think of herself first and enjoy her own power does not go over well in a society like ours. We usually expect women to put the needs of others ahead of their own."

These days, it's acceptable for a woman to be forceful in pursuing her goals and forthright in stating her opinions, but she cannot be mean. Frustration and anger are understandable and often quite appropriate, but if a woman expresses these emotions in a spiteful, snarling way . . . Well, she's being bitchy.

Power hungry

In all bitchy behavior, the common element is the woman's quest for power, explains Maisha Hamilton Bennett, Ph.D., president and CEO of Hamilton Behavioral Health Care, Ltd., in Chicago, a company that provides psychological services to corporations. "In some types of bitchiness, the person has power and is asserting it; in others, she doesn't have power and is trying to gain it."

Let's face it—almost everybody is bitchy occasionally. When we're not feeling well or are just fed up, we may lash out. But that's temporary. Whether they're confrontational or covert manipulators, bitches continually think only of themselves and ride roughshod over others' feelings.

Imperious bitches, like Leona, revel in their almightiness and delight in undermining the egos of those around them. "It's easy for people who have a lot of power to become egotistical, difficult and unfeeling," explains Bunker.

Other people—call them thwarted bitches—strike out because they're frustrated by their lack of power. Witness the eternally grouchy co-worker or prickly wife, snapping at others because she's unhappy with herself. "It's almost like they're having a nonstop low-key temper tantrum," says Bennett.

We've also met the martyr bitch, a mistress of passive-aggressiveness. Her words are pleasant, but her actions are cruel. Take Janice, who was having lunch in a restaurant. The waitress brought her lemon-glazed chicken and a baked potato. "I ordered mashed," said Janice.

"I'm sorry," said the waitress. "I bring your mashed potatoes right away.

"No, no, my dear," said Janice. "T baked is just fine." But whenever t waitress came back to the table, Jani mumbled, "Too bad about the potat The waitress offered to replace the pota three times, but Janice refused. After fi ishing her meal (including the potat she thanked the waitress and left t restaurant smiling—but didn't leave tip. Revenge of the martyr bitch.

Yet bitchiness can be in the eye the beholder. Two people may inte pret the same behavior quite differen ly—especially if one is female and t other, male. "Men usually see bitch ness in a woman who is openly aggre sive, whom they see as a threat to the status," says Jill de Jong, M.A., a ther pist in Los Angeles. "While wome may dislike behavior like this, esp cially when it is vehemently confront tional, they save their deepest loathi for the back-stabbing, two-face barbed-tongue sniper."

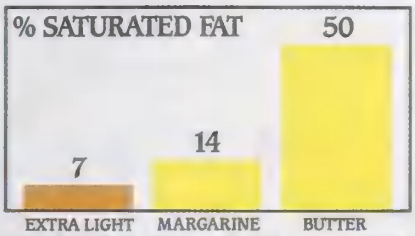
The bitches we can't get away from

Most of us don't choose to have bitch friends, but we are stuck with our rel tives, neighbors and colleagues.

The typical bitchy mother-in-la doesn't want to admit that her son's wi

Use Your Noodle.

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be as competent in caring for him as was. The battleground is often the hen: "This meal is delicious," says mother-in-law, "and you whipped it ther so quickly. I always spend hours aring dinner, but you're a magician. way, I know [my son] has always ted to be skinny." In the words of orah Tannen, Ph.D., professor of lin-tics at Georgetown University, in hington, D.C., and author of *You Just 't Understand: Women and Men in versation* (Ballantine, 1990), "Praise pack a wallop if it's hiding criticism s pockets."

eenage daughters also know how to d the knife. "[Bitchiness] is one way escents can assert themselves," says en Zager, Ph.D., a New York City hologist who works with adolescents their families. "They're sophisticated knowledgeable enough to know just ch buttons to push."

isa, age thirteen, was furious with her her for not allowing her to go to a ain movie. She called her best friend he phone to vent her frustration. ıen I have children, I'll *never* let them my mother," she proclaimed loudly. ow could I ever let *her* influence n?" Lisa's mother smiles ruefully as recalls the incident. "I knew I was nt to overhear," she says.

ometimes bitches get other people to do their dirty work. This is the technique Ellen uses to bedevil her neighbors: She calls the sheriff—who must respond to every complaint—whenever there are partying teens, barking dogs, skateboarding children or illegally parked cars. "Everyone else on our street gets along very well," says one neighbor, who has threatened to sue Ellen for harassment and the sheriff for being an accessory. "This woman tries to rule the neighborhood like it is her own fiefdom."

But while bitches in the home and neighborhood are annoying, bitches in the workplace can be downright dangerous. Suzanne, who is trying to climb the ladder at a large electronics corporation, spreads rumors to keep colleagues from getting promotions she wants for herself. "I heard Mary's husband likes her to be home no later than six o'clock," she said offhandedly, after hearing a new position might require some evening hours. Says a co-worker, "Suzanne always makes it sound as if she is passing along information she heard somewhere else. It's insidious. She's a professional back-stabber."

THE FIVE BITCHIEST THINGS TO SAY

- "You look wonderful—what happened?!"
- *"I'm only telling you this for your own good."*
- **"Have you gained weight?"**
- *"You're brave. If I were your age, I'd never dream of wearing anything that short."*
- "You wouldn't know about these things."

Women we love to hate

Even though we don't admire bitchiness, we are intrigued by it. We like the vixens on daytime soaps and make best-sellers of books about Nancy Reagan. And we love the Shoebox greeting cards that depict Maxine, a crabby old lady with a razor-sharp tongue. These women provide socially acceptable outlets for our own bitchy feelings.

"Customers tell us that our Maxine character says things they feel but wouldn't dare to say," says Steve Finken, writing and editorial manager of Shoebox, a division of Hallmark. Jo-Ann Krestan, a marriage and family therapist in Brunswick, Maine, and co-author of *Too Good for Her Own Good* (HarperCollins, 1992), agrees: "We enjoy bitches because they seem to get away with their angry behavior, and we'd just love to do the same."

In the short term, we can do just that. When a bitch vents her anger and frustration, she stops people in their tracks. By paying attention to her, *(continued)*



Are you a bitch?

continued

they give her the power she craves. But while they may have to tolerate her, they don't have to like her; in fact, they'll get revenge at the first opportunity.

It was fun—let's admit it—to see Leona Helmsley go to prison. We were angry that she didn't pay enough taxes, but even more, we detested the arrogant, unfeeling way she treated her employees. Now she is powerless, and we have the jailhouse keys.

In the final analysis, we're both fascinated and repelled by bitchiness. We admire strong women who dare to speak up, but we abhor the cruelty and selfishness that is the core of bitchiness. We know that a woman who feels good about herself and is truly self-confident is never a bitch. She can assert herself, give orders and express her feelings without demeaning those around her. She's also smart enough to know that if she becomes a bitch in her quest for power, people eventually will look at her scornfully and say, as Rhett did to Scarlett, "Frankly, my dear, we don't give a damn."

For in life, as in novels, bitches usually end up alone. ■

Andrea Gross is a contributing editor to Ladies' Home Journal.

HOW BITCHY ARE YOU?

Are you a no-holds-barred practitioner, a mistress of subtle insults—or just plain nice? Take our quiz and find out how catty you really are. (C'mon now, be honest!)

1. Your sister-in-law undercooks the Thanksgiving turkey. You:

a) Fill up on stuffing and pumpkin pie and don't say anything.

b) Whisper loudly to your kids, "Don't touch it! You might get salmonella!"

c) Tell your sister-in-law, ever so sweetly, "Next time, why don't you buy one with a pop-up thermometer."

If you chose answer

a: Your sister-in-law should be thankful.

b: Très nasty!

c: Passive-aggressive witchiness at its finest.

2. A co-worker you can't stand gets a promotion. You:

a) Say nothing.

b) Imply she slept her way to the

c) Say, "How nice about your ne job. It's been *ages* since your la promotion."

If you chose answer

a: You're human.

b: Meow! Joan Crawford would proud of you.

c: So sweet, so cruel.

3. One of your friends has gai a lot of weight. You:

a) Say nothing. You don't want t hurt her feelings.

b) Say, "What happened to you?

c) Give her diet advice. She nee

If you chose answer

a: You're a good friend.

b: If this is how you treat a friend what would you say to an enemy

c: You have a need to be nasty.

4. Your husband suggests that the two of you take his mother for dinner to celebrate her birthday. You:

a) Agree. At least you don't have cook for her. (Nothing you ever d right as far as she's concerned.)

b) Look at him in disbelief and sa "Forget it! What has she ever don for *my* birthday?"

c) Say, "Silly man, your mother doesn't like a fuss on her birthda it reminds her how old she is."

If you chose answer

a: If your mother-in-law doesn't count her blessings, *she's* a bitch

b: Selfish, selfish, selfish.

c: Sugar-coated cattiness. Scarle move over.

5. You're at a department store waiting to make a purchase, bu the salesclerk ignores you. You

a) Say, "Excuse me. Could you please help me with this?"

b) Snap, "What's your problem, a you *blind*?!"

c) Finally get her attention. Then, after she rings up the sale, say, "Y know, I really don't need that skirt after all. I'd like my money back."

If you chose answer

a: What manners!

b: Do you often quote Leona?

c: A brilliant bit of meanness. But you really feel better afterward?

our next-door neighbors invite over to see how they've corated. You think it looks r. You smile and say:
looks like a whole new house!"
ou really used a *decorator*?"
s so *you*."
u chose answer
ry tactful.
t smart. You have to live next to these people.
btle, snide, stupid.

our assistant misplaces a very rtant file. You:
ount to ten so you don't blow stack, and say, "Please look you find it."
ll, "You idiot! Can't you do ning right?!"
y, "I'm sure it'll turn up. But I dn't count on that raise."
u chose answer
ue grace under pressure.
u're the boss from hell.
hat a heavy-handed threat.

t a party, a single woman s flirting with your husband.
:
y to him, "Honey, there's ebody I want you to meet," and him away.
ake the other woman aside and "Keep your hands off my band!"
ink your arm possessively ugh your husband's, and e sweetly at the other nan. On the car ride home, him hell.
ou chose answer
ou didn't let your jealousy get out of control.
lexis couldn't have said it better.
o nice one moment, so nasty the

ring
ur answers were mostly **a**:
're almost too good to be true.
e bitchy at least *occasionally* is human. Sharpen those vs—a little.

ur answers were mostly **b**:
one will ever accuse *you* of being too nice. But why must you be so downright nasty? Remember what mother always told you: You'll catch more flies with honey than vinegar.

If your answers were mostly **c**: You're passive-aggressive, all right, and those around you are paying the price. Stop giving mixed messages. If you're mad, say so directly. And skip the not-so-subtle digs. Otherwise, people might think you're not a nice person. You wouldn't want *that*, would you?

THE PHYSIOLOGICAL CONNECTION

Are women biologically wired to be bitchy? The answer—at least for some women—is a resounding yes.

Premenstrual Syndrome (PMS)—a group of symptoms that occur in the week prior to the onset of a woman's menstrual period—affects approximately 90 percent of all women. Half specifically complain of increased irritability or emotional instability.

Some experts think this is due to monthly fluctuations in the brain hormone beta-endorphin, a natural chemical that produces feelings of well-being and kills pain. Others say it may simply be that it's hard to be cheery when your waistband is tight and your head is throbbing.

The bad news is that PMS may not get better with age—especially as women approach menopause, says Mary Lake Polan, M.D., Ph.D., professor and chairman of the department of gynecology and obstetrics at Stanford University Medical Center, in Stanford, California. But the good news is that most women can control their PMS-inspired bitchiness; only about 5 percent of women are debilitated by PMS. To raise the level of endorphins, doctors suggest exercise; they also recommend avoiding caffeine and alcohol. (For more information on hormones and PMS, see "The hormone handbook" on page 125.)



The girls most likely to succeed



Twenty years ago, their high school classmates thought they were destined for success. But did they really do as well as everyone thought they would?

BY ANDREA GROSS

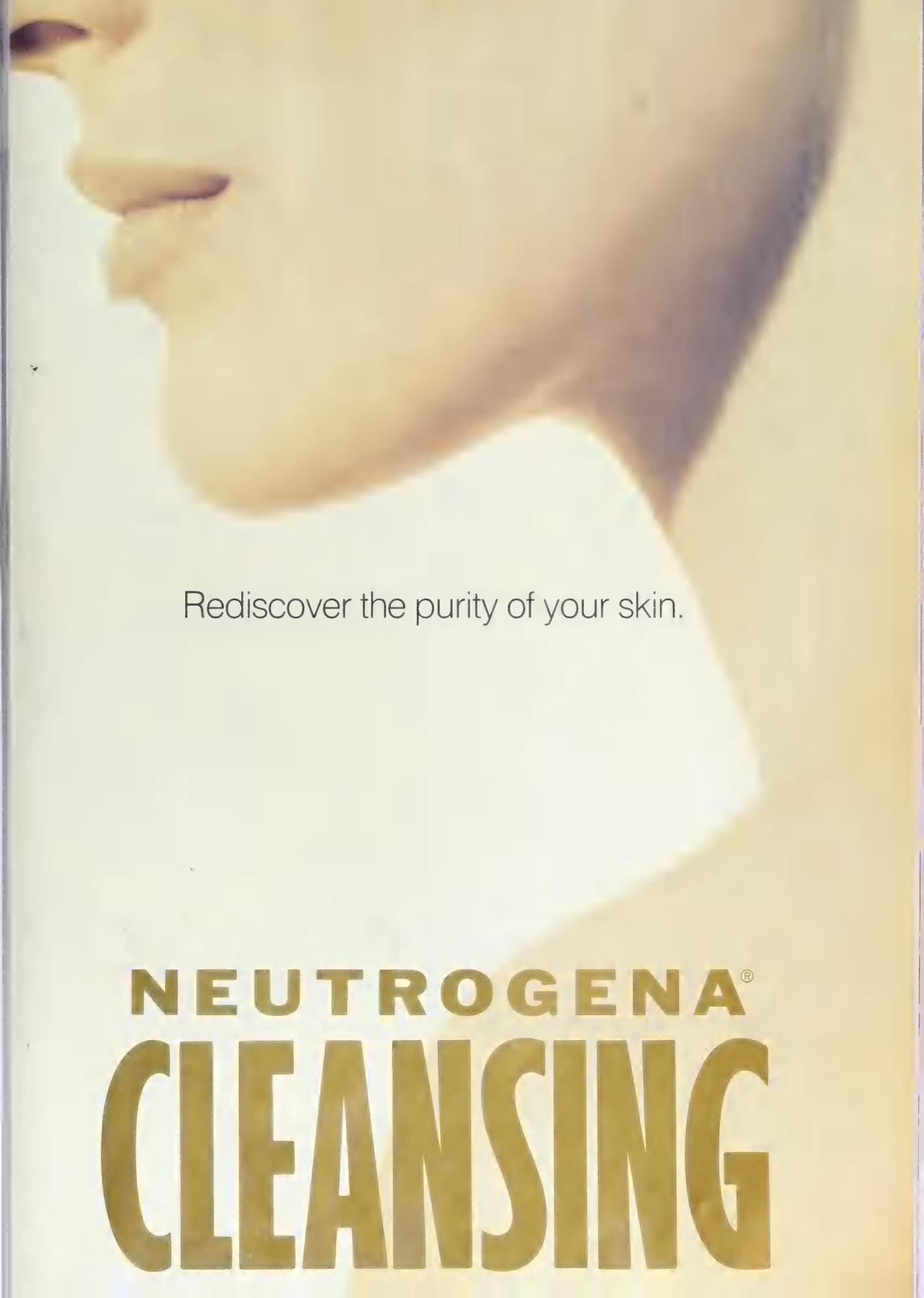
Remember when success meant making the dean's list, getting a part in the school play or just having a steady boyfriend? Based on criteria like these, generations of high school seniors have voted select members of their class "Most Likely to Succeed."

But while the accolade lives on indelibly in the yearbooks, its definition changes over time. "Success is different for each generation," says Constance Ahrons, Ph.D., professor of sociology at the University of Southern California, "and it is different at each age. For eighteen-year-olds, it usually means someone who gets good grades, is well liked and shows leadership." As we get older, though, the notion becomes more complicated and subjective—especially for women, who often have to make choices between their family and their career.

Ladies' Home Journal tracked down four women who seemed destined for success in 1972—when nearly four million Americans turned eighteen, more than any year before. Their widely divergent stories reflect not only success, but failure and compromise.

Mary Ann Ahearn Platt

Mary Ann's classmates at Willowbrook, a large public school in Villa Park, Illinois, were right about her potential, but her ultimate success isn't quite what she had envisioned. Although *(continued on page 88)*


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Earl, TV Production Assistant and Mary Kay customer, Battle Creek, Michigan



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- Year-round sun protection
- Eye makeup application tips



Michelle's eyes were highlighted by Pink Opal Eye Color on lid and up to brow, Whipped Cocoa applied in a wedge. Her look was further enhanced by Sable Eye Defining Pencil, Blonde Eyebrow Pencil, Azalea Cheek Color and Dusty Rose Lasting Color Lipstick softened with Intensity Controller.

SKIN CARE TIP: Michelle's Beauty Consultant recommended using Oil-Free Facial Sunblock SPF 15 under her foundation for sun protection.

o two faces are alike. That's why every woman needs a beauty program designed exclusively for her. That's why you need Mary Kay.

lots of questions," Michelle told us, ever seemed to get the right answers. ny Beauty Consultant showed me not hich products to use, but also how to m."

Consultant began by starting Michelle the basics—a skin care program ed especially for her combination skin. also concerned about how to protect ir complexion from the damaging of the sun," Michelle said. Her Beauty ltant showed her how to make sun tion a part of her everyday routine.

Michelle also wanted to find out how the right makeup application could help her close-set eyes seem further apart. "Once I learned the techniques that were right for me, I was amazed at how easy it was to make the most of my features," Michelle said. And she even discovered which makeup shades were most flattering to her coloring and wardrobe choices.

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The girls most likely to succeed

continued from page 86

now she's a director in a large corporation, overseeing more than a hundred people in four different plants, her first dream was to be a veterinarian.

In school, she had no doubt it would come true. Mary Ann finished her junior year at the University of Illinois, in Chicago, in the top of her class, with a double major in biology and chemistry and an outstanding score on the veterinary aptitude test. So she was shocked—and outraged—when her application to veterinary school was turned down. When she demanded that the school board explain, she was told she needed experience working on a farm or in a veterinarian's office.

But the following summer, instead of finding a job to please the board, Mary Ann worked as she had in summers past, building bicycles on an assembly line at the Schwinn factory where her father was superintendent. "I wanted to make them see that I was good enough even without that farm experience," she said. She reapplied the next year and was rejected again.

The failure hurt. "I always felt successful and competent," says Mary Ann, who graduated eighth in her high school class of 750, "until I didn't make it into vet school."

But right after graduation, she got a job as a laboratory technician and then, convinced that she preferred the solitary work, moved to a similar, higher-paying job three years later.

There, she was eventually required to take on management responsibilities, and when she did, she discovered that she enjoyed working with others.

Two years later, she accepted a job in the corporate headquarters of G.D. Searle, a large pharmaceutical company now owned by Monsanto, and within four years, she became the first female director in the manufacturing sector of the NutraSweet company, a Monsanto subsidiary. She oversees quality control for the artificial sweetener and NutraSweet products.

In 1986, she married Larry Platt, a forty-two-year-old businessman, and became instant stepmother to three teenagers. "It was quite a challenge," she says, "but it has also given me a lot of pleasure."

Today, Mary Ann's goals for her family life and her career are exactly the same. "I want to make a difference for other people," she says. "Whether it's at home, where I try to create an environment where we can all flourish, or at work, where I want to eliminate barriers and provide resources so people can be as effective as possible, I like to feel that if I had not been there, things would hav turned out differently."

Angela Quinn Chen

Angela has a good job, a "wonderful husband, two "great" kids and a five bedroom home in Alexandria, Virginia—but she's not sure she's success. "I'm not a failure, but wouldn't say I'm a great success," sh says. "I see people who are in higher positions or who are making more mone than I am; I think they are successe But I made some choices when I ha children. Those choices led me t where I am today."

Twenty years ago, when Angela was senior at Santa Clara High, a small, c ed Catholic school in Oxnard, Califo nia, she was more confident. She wa on the tennis team, she had goo friends, and she knew she was smart; i fact, being chosen "Most Likely t Succeed" was a disappointment t her because she had wanted to wi "Most Intelligent."

On a scholarship, Angela attende a small women's college in upstat New York, and there, for the first tim she felt free to excel. "In high schoo there was a lot of pressure not to com pete academically with the guys," she r calls. "But at Wells College, professo expected women to be intelligent, t work hard and to come up with interes ing answers."

Angela began to miss the sunshin though, and, after a year, transferred California's co-ed Pitzer College. H plan was to go on to medical shool, s she majored in biology and began wor ing in hospital emergency rooms. B during her senior year, Angela change her mind. "I have a very difficult tim forgiving myself when I make mi takes," she explains, "and I realized th would make medicine unbearabl stressful for me."

After graduating, she took a job as claims representative in a Social Secur ty Administration office. Durin her four years there, she became inte ested in taxes and began attendin evening accounting classes. "I wa hooked," she says. "I knew I'd found th right field for me." She got her CPA l cense in 1982—the same year she m her husband.

Except for a few months after th birth of each child, Angela has alway worked outside the home, but thing did not go according to plan. "A eighteen," she says, "I envisioned th nice little life where I would hav my children, my husband and m work, and there would be time for e erything." But after having her fir child, Michael (now seven), she foun herself exhausted by it all: "I ha no idea it would be this hard!" Sh

ally had a long talk with her husband, ancis. "He just didn't realize how ich work was involved in taking care a child," she says. Now Francis, an gineer with the Department of the ivy, helps with all the household ks—even changing diapers on one-ar-old Joseph.

Today, Angela works for a small CPA m in Springfield, Virginia, where her urs are flexible—a benefit she consid- mandatory for a mother of small ildren. But she is making less money m she did before she had kids.

"You have to keep things in balance," e says resignedly. "Sometimes a wom- 's career has to take a backseat. When ' children are older, I hope I'll have re time to grow professionally."

She pauses and adds thoughtfully, here's a personal kind of success ere you are at peace with yourself and u like who you are. But I don't real- think that's what my classmates ant. I think they meant 'She is some- e who is going to accomplish things achieve something.' I think I am a od person, but I haven't done any- ng remarkable. I haven't achieved the el I would like to have achieved."

thy Howe

ur years ago, Cathy wasn't a success cording to anybody's definition. She s drunk, strung out on drugs, unem- yed and nearly out of money. Every y was the same: She'd wake up in a ted room, watch TV, eventually get essed and head down to a nearby bar. e'd drink, buy some cocaine and then le up for the night to continue, as she s, "drinking and drugging."

Finally, one morning in September 89, she woke up, looked around her dark d dismal room and asked herself, "How g are you going to go on like this? Is s how you want to spend your life?"

Though the process was slow and nful, she quit drugs cold turkey, cut wn on alcohol and returned to work. nally, she feels, she's on her way to be- ming a success. "I'm okay talking out all this, because I am proud of w I turned out," she says.

That self-confidence is new for Cathy. Alemany High School, a large, co-ed tholic school in suburban Los Ange- , she never felt like a success, al- ough she was elected class president junior year and voted "Most Likely Succeed" her senior year. "I thought ng a success meant you felt wonder- about yourself," she says. "I felt fat, and overwhelmed."

Although her classmates saw her as achiever, her grades in high school re actually mediocre, and when Cathy rted at College of Canyons, in Valen- California, they didn't improve. After two years, she dropped out, quit her part-time job as a claims examiner at a large insurance company and was hired as an aide in a psychiatric hospital. "Now *that* was a real education," she says. The work was rewarding but draining, and after seven years, she decided to tackle school again.

In 1982, she graduated from California State College at Northridge with a B.A. in psychology. She was hired back to a higher position at the insurance company and began taking night classes in real estate. After getting her license in 1985, she started showing houses on the weekends.

Outwardly, life was going smoothly, but Cathy still wasn't happy. "Nothing seemed to bring me satisfaction," she says. In 1988, she left her job to pursue real estate full-time. To earn extra money, she took a night job tending bar. It was fun and lucrative, but for Cathy, also dangerous: Alcohol soon became a serious problem.

She quit the bartending job and gradually, after earning a few hefty commissions, she stopped selling houses, too. By the summer of 1989, her life had become a haze of drugs and alcohol.

The day she realized she had hit bottom, she called Wendy Fowlie, a therapist she'd met while working at the psychiatric hospital. Wendy offered more than therapy; she offered friendship. Cathy began spending a lot of time with Wendy and her husband, Bob, and their two children, eight-year-old Grant and six-year-old Heather. "When you start to care about people, and when people, especially kids, look forward to your visits, it seems to me you have a responsibility," she says. "It didn't seem fair to just cop out and wind up in the gutter when I'd brought these people into my life."

Cathy knew she needed a job fast—not only for the money but to regain her self-respect. So she walked into a Seven-Eleven and was hired on the spot.

About three weeks later, she reapplied to the insurance company and was hired again. Today she's a supervisor—the highest position she's ever held.

"I feel good about myself," says Cathy. "Although I planned on marriage and a family when I was younger, it hasn't happened, and I am happily single. I own a home with a friend and have very good people in my life. I have a good job and work for a good company. I did fall off for a while, but I got back on the merry-go-round." She smiles. *(continued)*





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LHJ HOT SPOTS SWEEPSTAKES

Continued from page 79

OFFICIAL RULES

1. No purchase necessary. To enter, fill in the blanks in the diary with the appropriate brand names. To find them, refer to the advertisements (page numbers precede each blank). Send the completed diary and official entry form to: Hot Spots Sweepstakes, P.O. Box 1502, Fairport, NY 14450-7502. Incomplete and/or incorrect entries are ineligible. Sweepstakes begins October 13, 1992. All entries must be received by January 29, 1993. You may photocopy the diary and entry form (prior to filling in the brand names) for your friends and relatives to enter. If you have difficulty completing the journal, you can receive a list of appropriate brand names in order of their appearance by sending a self-addressed, stamped envelope to: Hot Spots Answers, P.O. Box 1503, Fairport, NY 14450-7503. Residents of WA & VT need not affix return postage. Not responsible for lost, late, misdirected, damaged, incomplete, altered, illegible or postage due mail. Entries become the property of the sponsor and will not be returned.

2. Winners will be determined in random drawings from among all correct entries on February 26, 1993, by VENTURA ASSOCIATES, INC., an independent judging organization whose decisions are final. All prizes are guaranteed to be awarded. Grand prize winners will be notified by mail and may be required to complete an affidavit of eligibility and release of liability which must be signed and received within 21 days of date printed on notification or alternate winners will be selected in a random drawing. If any prize is returned as undeliverable it will be awarded to an alternate winner in a random drawing. No substitutions for prizes except as may be necessary due to unavailability, in which case a prize of equal or greater value will be awarded. Prizes are not transferable or redeemable for cash. All taxes and other expenses not specified herein, such as but not limited to travel expenses for first prize winners, are the responsibility of the winners. Acceptance of prize constitutes permission (except where prohibited by law) to use winners' names, hometowns, and likenesses for purposes of advertising, promotion and publicity without additional compensation.

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4. Sweepstakes is open to residents of the United States 21 and older. Odds of winning are determined by the total number of entries received. Distribution of this offer is estimated not to exceed 5 million. This sweepstakes is sponsored by Ladies' Home Journal®, 100 Park Avenue, New York, NY 10017. Employees of Meredith Corporation and Ventura Associates, Inc., their affiliates, subsidiaries, distributors, retailers, advertising and promotion agencies, and their immediate families are not eligible. All federal, state and local laws and regulations apply. Void in Puerto Rico and where prohibited.

5. For a list of winners, send a self-addressed, stamped envelope before January 29, 1993 to: Hot Spots Winners, P.O. Box 1504, Fairport, NY 14450-7504.

Requests for the winners' names will be fulfilled after the sweepstakes drawing.

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The girls most likely to succeed

continued

"There are many people who meet the dream later in life."

Margaret Evans Vanaman

Margaret has worked in a mortgage company, dug irrigation ditches and now alters bridal gowns. But the career that means the most to her is creating a good home for her family.

High school was a golden time for Margaret. At Sandalwood, in Jacksonville, Florida, she had good grades, played tennis and acted in school dramatic productions. But she spent most of her time with her boyfriend, David, whom she met on a blind date sophomore year. Two years later, she had a one-third-carat diamond engagement ring. Asked why her classmates named her the girl "Most Likely to Succeed," Margaret says, laughing, "I was engaged!"

She and David were married five months after her high school graduation, one week before her eighteenth birthday. Her parents thought she was too young, but calm, reasonable Margaret convinced them otherwise. "I told them that I knew that David and I had a good relationship because we talked a lot to each other. We didn't always need to be entertained—to be at the movies or at go-carts or a baseball game—where you sit and watch something instead of getting to know each other."

While David finished his second year of college and went on to graduate from the Jacksonville Police Academy, Margaret worked at a mortgage company. They saved their money and in 1974 bought a small house. Three years later, they sold it at a profit and moved into a much larger home. They had two children, paid off their car, and Margaret quit her job. "First, I wanted to have a house and money in savings. Then, I wanted to stay home and raise my children," she says.

For a short time, David and Margaret operated a small lawn-irrigation business, and in 1986, they used their savings to buy two thirds of an acre of land. Hammering nails alongside their hired professionals, they built their current house on it.

Five years ago, with both children in school, Margaret began working part time in a bridal shop. Although she enjoys her job and the extra money it brings in, she'd quit in a second if her family asked her to. "My real job is to have a partner through life, to make him happy and to raise my children to be productive adults. Doing that well makes me happy," she says. But she

ick to add, "I have always been cted by my husband and treated equal."

she prepares to celebrate her twen- wedding anniversary, Margaret she has achieved exactly the level ccess she wants. After David re- she wants to travel and eventually a home on the water."I don't care having beaucoup money in the or having a doctoral degree," she 'To me, success is just being satis- ith yourself." ■

a Gross is a contributing editor to ' Home Journal.

What they know now

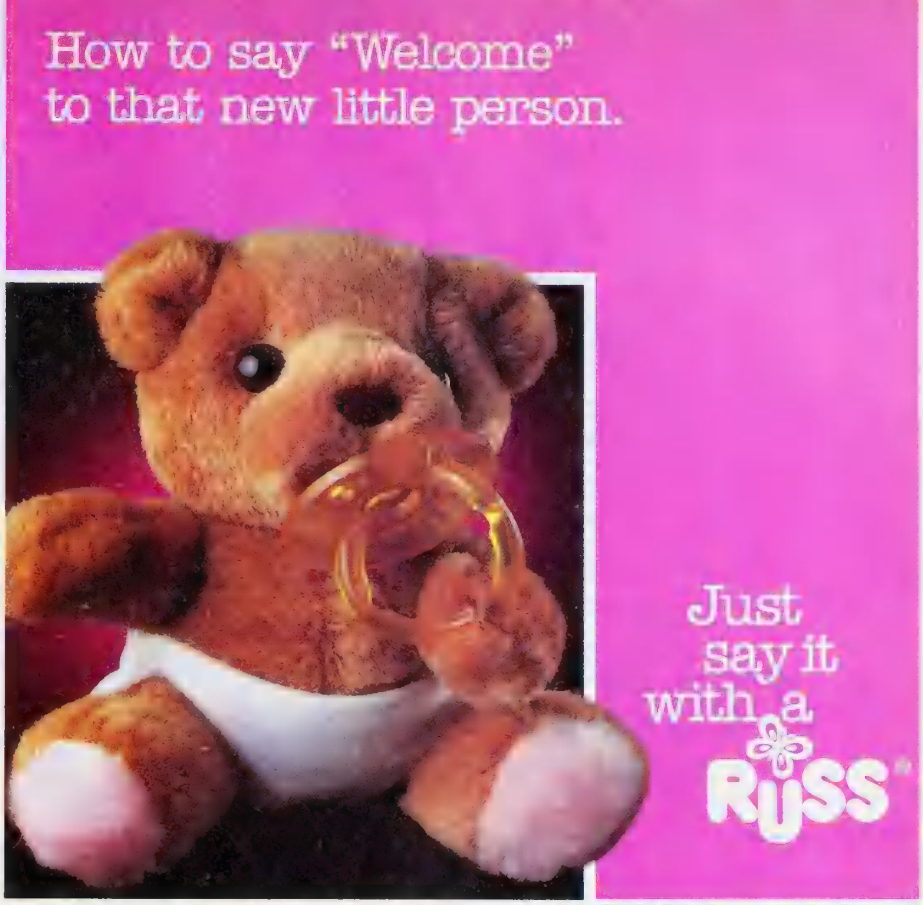
ce they were voted "Most ely to Succeed" twenty rs ago, these four women e had time to fine-tune their ategies for doing well. at's worked for them:

eate your own happiness, cause you can't rely on oth- people to do that for you. willing to take on both the and the pain of being re- nsible for your own life." —**Mary Ann Ahearn Platt**

alize that it will be a constant ggle, especially if you have ng children. Every day you try set aside enough time for the s, grab a few minutes for your- f and still get all your work e. Sometimes, something has ive." —**Angela Quinn Chen**

u truly can never give up. But ke sure that the things you ive to] accomplish are things t are important to you. Other- e, they're just accomplishments, successes."—**Cathy Howe**

u have to have a goal, but have to be realistic about aining it. On the other hand, you're too realistic, you n't do anything. Sometimes just have to step out on a b and then strive and push make things work out." —**Margaret Evans Vanaman**



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Love and politics



What do a liberal journalist and a conservative political aide have in common? Not much, except for *Hearts Afire.* LHJ catches up with the stars of this new series, Markie Post and John Ritter

BY JEFF ROVIN

Markie Post and John Ritter aren't exactly mega-stars, dripping with assistants, bodyguards and attitude. But they are seasoned prime-time players who know a good thing when they see it, like a chance to co-star in Linda Bloodworth-Thomason's newest sitcom, *Hearts Afire.*

In this election year, when the vice-president's most noted campaign remark was his potshot at Murphy Brown's single motherhood, Washington seems to be the perfect setting for a comedy, and politics, the perfect vehicle. But Bloodworth-Thomason, the creator of *Designing Women* and *Evening Shade*, and a close friend of Bill and Hillary Clinton, insists that *Hearts Afire* will not be a soapbox for her own staunch liberalism.

"*Designing Women* has a different structure and will still be the main forum for political issues," she says. "*Hearts Afire* is a show where love, passion and comedy are foremost." The new series, says the forty-five-year-old creator–writer–executive producer, fulfills her long-standing desire to do "a romantic comedy about two people who can't keep their hands off each other, but who happen to meet at the worst time in their lives." Markie plays Georgie Anne Lahti, a liberal, down-on-her-luck journalist who becomes press secretary to a dim-witted conservative senator. Ritter portrays the senator's long-suffering aide, and a single father of two, whose wife divorced him when she fell in love with another woman.

"This is the first time I've ever played someone who's not just a cheerleader type," Markie says happily. *(continued)*

The Perfect Man

No trouble at all. And sweet as can be.
Shape him any way you want. No problem. Never talks back.
Smiles constantly. He'll even help decorate the tree.

- 1 cup butter or margarine, softened
- 1 cup packed C&H Dark Brown Sugar
- 1/2 cup dark molasses
- 4 cups all-purpose flour
- 2-1/2 tsp ground ginger
- 1-1/2 tsp ground cinnamon
- 1/2 tsp salt
- 1/2 tsp baking soda



Beat butter and sugar with electric mixer until light and fluffy. Beat in molasses. Combine remaining ingredients; gradually mix in until blended. Halve dough; flatten into 1" thick rounds. Chill in plastic wrap till firm. (2 hours in the refrigerator or 30 mins. in the freezer) On a lightly floured surface roll dough to 1/4" thickness. Cut with floured cookie cutter. Place 1" apart on ungreased cookie sheets. Chill and re-roll scraps. Bake at 350F for 10 to 12 minutes until edges are lightly browned. Cool for 2 minutes; then transfer to wire rack to cool completely. Makes about 3 dozen (5") cookies. To make ornaments, punch a hole into the top of each cookie with a drinking straw before baking. Hang with thin ribbon or string licorice.

Be sure to use only C&H pure cane brown sugar. Why? There's a difference. Its brown color comes from molasses that's a part of sugar cane. Some brown sugars are made by spraying coloring and molasses onto granulated sugar. If you rub some in your hands, the coloring will come off. With C&H pure cane brown sugar, you see and smell the difference.

ICING

- 2-1/4 cups C&H Powdered Sugar
- 2-1/2 tbls vegetable oil
- 1-1/2-3 tbls water
- 1/4 tsp vanilla extract
- Pinch of salt
- Food coloring

Beat powdered sugar, oil, water, vanilla and salt until smooth (add water to thin). Separate small portions into small bowls to make different colors. Spread with toothpick, knife, small brush, or use a writing tip on a decoration bag.

Great recipes depend on great sugar.

For additional recipes and decorating ideas, send a self-addressed stamped envelope to C&H Sugar, Perfect Man, P.O. Box 4126, Dept. L, Concord, CA 94524

"She's a chain-smoker, insensitive to the needs of others, bitter because she's had to take this job." In other words, Markie, forty-two, is having a great time. "It's really rewarding for me. For years I had this attitude like that of a hostess. I wanted everyone to like me and the character I played. Until a few years ago, I would have been too afraid to try a part like this. But I'll tell you—and you hear this a million times from people who turn forty—with age comes a sense of liberation."

Ritter, whose best-known role was the goofy lecher on *Three's Company*, also plays against type. "My character, John Hartman, is wonderful for me. He's a guy on the edge. Not the cutting edge, but the edge of losing it. So many of the characters I've played have worn their flaws or charm on the outside, but not John. Because of his job, he has to be calm and in control, which he ain't. The chaos comes through now and then, like dolphins leaping for fish. That *isn't* me—I'm up-front with people, and I'm not conservative."





The lawyer and the playboy (from left): Markie as attorney Christine Sullivan on *Night Court;* John as Jack Tripper, the most amorous roommate in California, in *Three's Company*

In real life, neither John nor Markie was an overnight sensation; each came up through the ranks in TV. "When I first started out, I always wanted to be in feature films, to be a movie star," Markie says. "But I stayed in television because that's where the work was, and after a while, you get to be known as a TV actor. Only a few people ever break out of that, and it's usually men, because there are more roles for leading men than there are for leading ladies."

Not that she's complaining. The actress, who starred on the comedy hit *Night Court* for six years, began her Hollywood career shopping for unusual prizes for the producers of *The Price Is Right*. From there, she graduated to writing questions for *Family Feud* and other shows. "I was having fun, but it wasn't really what I wanted to do," she says. "When I turned twenty-five, I decided that it was now or never in terms of acting. I made a videotape of myself and sent it to agents; within two weeks, I had an agent, and a month later I had my first job." For nearly five years, she says wryly, "I did every *Love Boat, Barnaby Jones,* and *Hart to Hart* that came along." After starring in two short-lived series, she landed a co-starring role on *The Fall Guy*. Three years later, she was cast as defense attorney Christine Sullivan on *Night Court*.

Despite her lengthy resume, Markie is quick to point out that there's a lot more to her life than acting. She and her husband of ten years, Michael Ross, a former stage actor and now a writer on *Evening Shade*, have two daughters: Kate, five, and Daisy, two. "People who have only work in their lives burn themselves out nurturing it," Markie observes. "I've come to realize how much a family anchors you. My marriage is very solid, and there's no question in my mind that it's for the rest of my life." She frowns. "God, I hate saying that, because the minute it comes out in print, it'll be over, right? But I really don't believe that. It's not like we're living in this kind of naive bliss; sometimes he's a pain in the neck, and so am I. I think you have to look at marriage as a work in progress. You do whatever maintenance needs to be done, and the relationship continues to grow."

John says he shares his co-star's family values, though the forty-four-year-old is less forthcoming about his private life. He's quick to tell you how much he loves his three kids: Jason, twelve, Carly, ten, and Tyler, seven. Unlike Markie, however, Ritter doesn't want to talk about his wife, Nancy. And asking about tabloid reports of trouble in their fifteen-year marriage is not exactly the way to get choice seats at a *Hearts Afire* taping.

When it comes to discussing his career, however, John bubbles over. "Hey, look," he says, "I consider myself very lucky. I look at the business side of acting like professional sports. You get traded around, you have your good seas and bad, but you do what you do beca you love it. I hadn't wanted to do anot series yet, but Linda didn't want to v and I didn't want to miss the boat, s hopped on board, and I'm glad I did."

While Ritter was pleased to be cas the uptight politico, he was not thril at the prospect of once again c fronting his longtime case of st fright. "It always hits me when I s something new, and I don't know w My first day on *Hearts Afire*, I knew lines, I was cool. Then, on the very f scene we did, like clockwork, I choke had two lines, and I couldn't remem them. I started sweating; we did scene again, and I blew the lines ag Then I blew them again! After th times I was fine, but it's like this reve kind of mantra—I have to screw up bless the undertaking.

"I'm happy now. I'm happy to working, because after I graduated fr college and went on to the stage, I a did the TV guest-star drill and got to what it's like to struggle. Not just me, other actors. I got to see how great s managed their fame, how talented ac handled good and bad breaks, how p ple get crazy and sick and then healthy again or go off the deep end. see friends succeed; you see friends If you have a strong sense of self-wo and a good sense of values and priorit then the ups and downs shouldn't af you. Besides, if you take fame and suc too seriously, you're going to be chr cally disappointed, because there's alw going to be someone bigger and m successful than you."

This kind of attitude has helped Ri maintain his equanimity in the fac his successes—and failures. For years John co-starred on the classic *Waltons*, after which he put in se years on *Three's Company*. But the foll up show, *Three's A Crowd*, was gone a a single season, his critically acclair *Hooperman* was a ratings disappointm and this year's animated prime-time ries, *Fish Police*, sank after a few we And except for the success of the f *Problem Child*, his screen career, incl ing the recent *Problem Child 2, Noises* and *Stay Tuned*, has been less than s lar. Ritter has no feature films in works, and he gags at the though *Problem Child 3*.

So what's next? "There's no poin planning that," Ritter says, "because never know what opportunities will a or in which direction events will m you." For now, he insists, he's living the moment—and looking forward to next episode of *Hearts Afire*.

Jeff Rovin, a contributing editor to Lad Home Journal, writes frequently ab celebrities.

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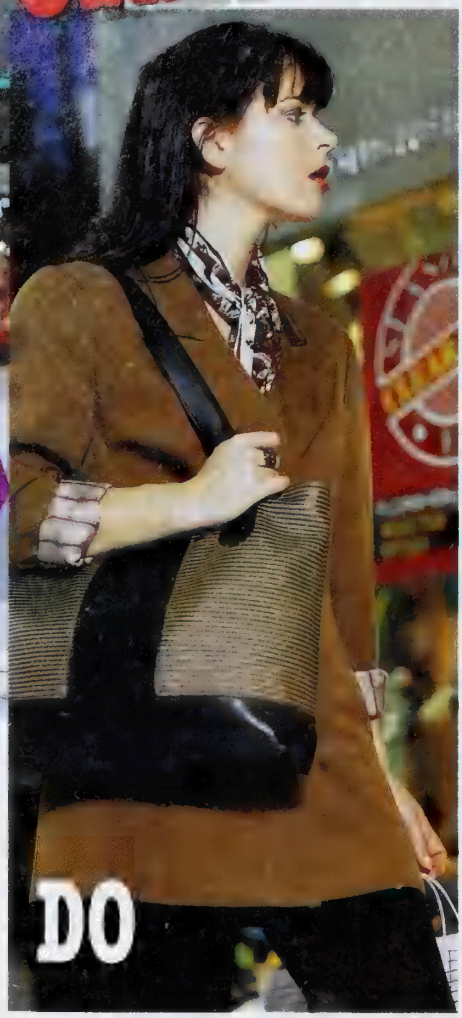
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■ Don't let your purse dangle behind you. Do carry it under your arm or hold it in front of you with the outside flap against your body. This will make it difficult for a thief to snatch your bag or gain access to the contents

How to avoid becoming a victim

As the holiday season approaches, crime begins to escalate. Whether you're shopping at the mall, stopping at the automatic teller machine or walking through a parking lot, you may be at risk. But you *can* protect yourself. Here's our police-approved step-by-step plan

BY ALAN MIRABELLA

Thanksgiving may signal the start of the holiday shopping season, but it also ushers in the most dangerous time of the year. Police officials nationwide report that crime surges during the holidays, especially on the busiest shopping days such as the day after Thanksgiving, Christmas Eve and New Year's Day.

According to the FBI, burglaries and car thefts increase in December, as do robberies, pickpocketings, credit-card scams and crimes at automatic teller machines (ATMs). "The holidays are a great time for crooks to profit," says Mac Gray, deputy director of the National Crime Prevention Council, an organization in Washington, D.C. that works with law-enforcement officials to combat crime. "Homes and cars are often full of gifts; people carry lots of cash and charge cards. Opportunities abound for criminals."

But all it takes is some street smarts and common sense to avoid becoming a victim. Here are tips from top police officials around the country to help you keep safe this holiday season—and all year long.

In the mall

With their large crowds and frenetic pace during the holidays, malls can be more dangerous than they appear. "All types of criminals work the mall—car thieves, pickpockets, muggers—because they know that's where the money is," says Mac Gray. To protect yourself: ■ Carry only receipts and small change in your purse. That way, if it's stolen, the thief won't get away with much. Put cash and credit cards in your wallet *(continued)*

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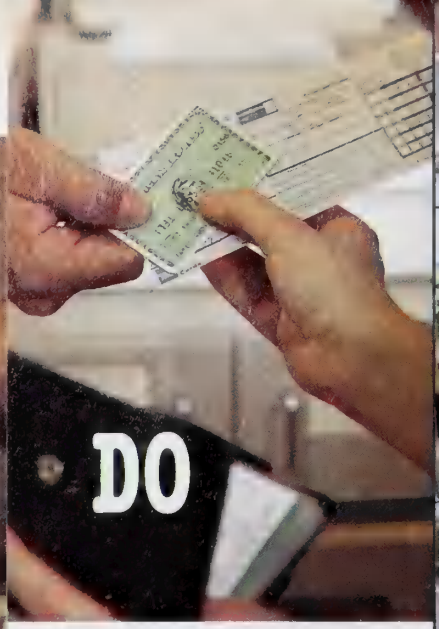
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■ Don't display large sums of cash, which will make you an attractive target to a thief. Do limit the number of credit cards you use to keep track of your charges





■ Don't leave your shopping bags unattended—or your purse hanging off your shoulder—at any time

(continued) and secure it in an inside pocket of your coat or jacket. Never keep it in your back pocket, where, police say, it's most likely to be stolen. ■ Be extra cautious and alert when walking in crowds. Pickpockets often work throngs of busy shoppers and prey on people who are not paying close attention to what's going on around them. For instance, if you stop to gaze in a store window or check your shopping list, or if you seem preoccupied as you're walking along, a pickpocket will take that opportunity to jostle you—and then grab your wallet. ■ If you take a break at a mall restaurant, or if you stop at the ladies' room, don't put your purse down on the floor beside you, where it's easy for a thief to snatch it. Keep the strap wrapped around your arm at all times; watch your shopping bags closely, too. ■ Don't store valuables inside your car. If you must, keep them locked in your trunk, not in view on the backseat. And *never* put packages in your car and then return to the mall to continue shopping. Thieves often wait for people to do just that. If you need to store something in your trunk, instead of returning to the mall immediately, move to a new parking space. This might seem extreme, but it will throw off any thieves who may be watching you.

CRIMESTOPPERS



■ Don't overload yourself with bags while walking through a parking lot. It will restrict your movement and make you an easy mark

On city streets

■ Always walk confidently, as if you know exactly where you are going. Try not to appear lost or unaware of your surroundings. "Be alert and aware, and be sure of your destination," says Gray. ■ Walk only on well-traveled, busy streets. Avoid areas with alleys, vacant lots or deserted construction sites. These are places where thieves often wait to pounce on unsuspecting passers-by. ■ When walking outside at night, don't walk too close to the buildings. Instead, stay on the outside of the sidewalk, so that you're in sight of drivers and other pedestrians. A mugger is less likely to confront you if he can be easily spotted by others. ■ If you're taking public transportation, keep in mind that pickpockets often work near the exits of buses or trains, where it's easy for them to get away. Sit close to the driver or conductor. ■ When you park your car on the street, turn your front wheels sharply to the curb. This will make it difficult for someone to steal your car by towing it away, which is a new trend among thieves. *(continued)*



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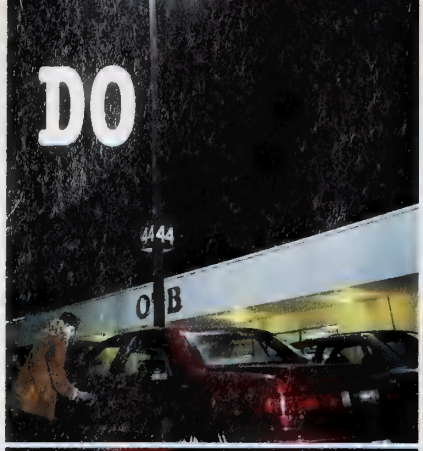
Credit-card precautions

■ When you're making a purchase, be sure your credit card is being used for only one transaction. A store clerk may try to run your card through the machine twice and use the second receipt to make a fraudulent purchase. Watch transactions carefully, and check your receipts. If you notice something wrong, question it immediately. ■ Always take your charge carbons with you, and tear them up when you dispose of them. Thieves often take intact carbons from the trash, copy the charge number and use it to make mail-order purchases. ■ If you're ordering from a mail-order catalog, deal only with reputable companies. If you've never heard of the company or are unaware of its reputation, call your local Better Business Bureau or consumer-affairs department to check whether any complaints have been lodged against the firm. ■ Never give information about your credit cards to any phone solicitor, even if the caller claims to be from your bank or credit-card company. The person may really be a scam artist who will charge items to your account. ■ Keep a detailed list of all your credit cards and charge numbers and store it in a safe place. This list will prove invaluable if your cards are lost or stolen.

At automatic teller machines

■ Avoid using these machines late at night. Police say that most ATM crimes occur after regular banking hours. ■ Use only well-lit, secure ATM locations, preferably where there is a guard on duty. If there is no guard, study the ATM premises and its surroundings. The area should be busy, not secluded or deserted. Check for people loitering nearby or across the street. If the location doesn't seem safe, go to a more secure ATM. ■ Be sure to sign off the machine when you've finished your transaction. Criminals often try to break into accounts that are still open on the ATM screen and withdraw cash. ■ Make sure to take your card with you when you leave the ATM. Never give your card to anyone else to use. It's a common ruse among scam artists to request the use of a stranger's card—they'll claim they simply want to gain access to the computer so they can do their own banking, but what they really want is access to *your* bank account. ■

Alan Mirabella is a free-lance writer in New York.



■ Do park in a well-lit area near the entrance to the mall. Have your keys out when you return to your car; check the back and front seats and the floor before getting in
■ Do lock your car even if you'll only be gone for a minute. When you return, lock your door immediately after getting in



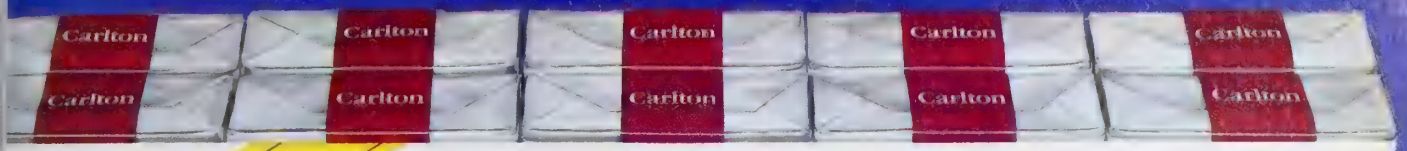


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HOME JOURNAL

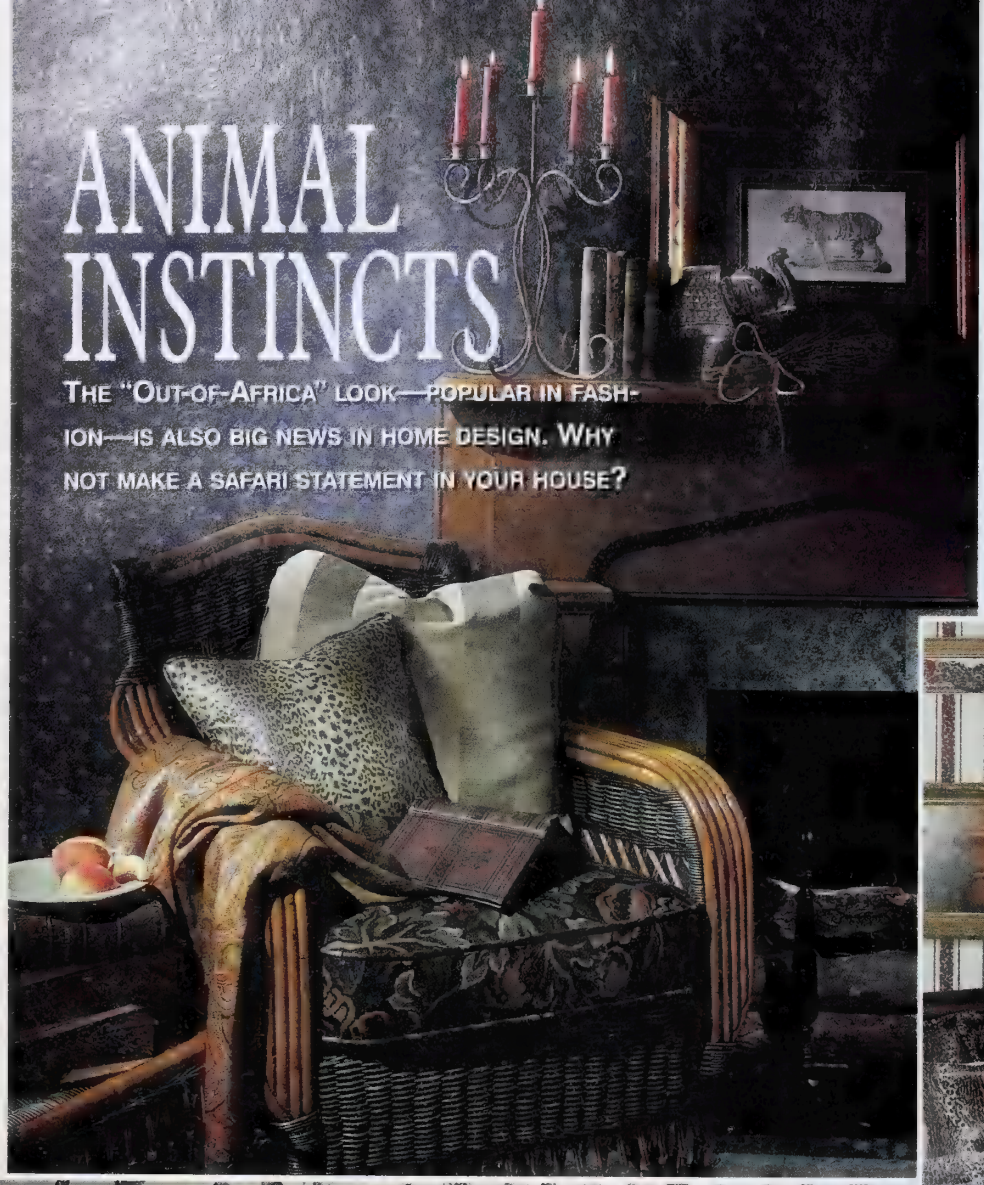


DESIGN FORECAST

What's new? Anything old—from heirloom-look furnishings to ancient Roman and Greek details. Also hot: animal prints, all things natural and hobby motifs. Ongoing trends: tassels, Native American designs—and individual style. By Leslie Lampert

ANIMAL INSTINCTS

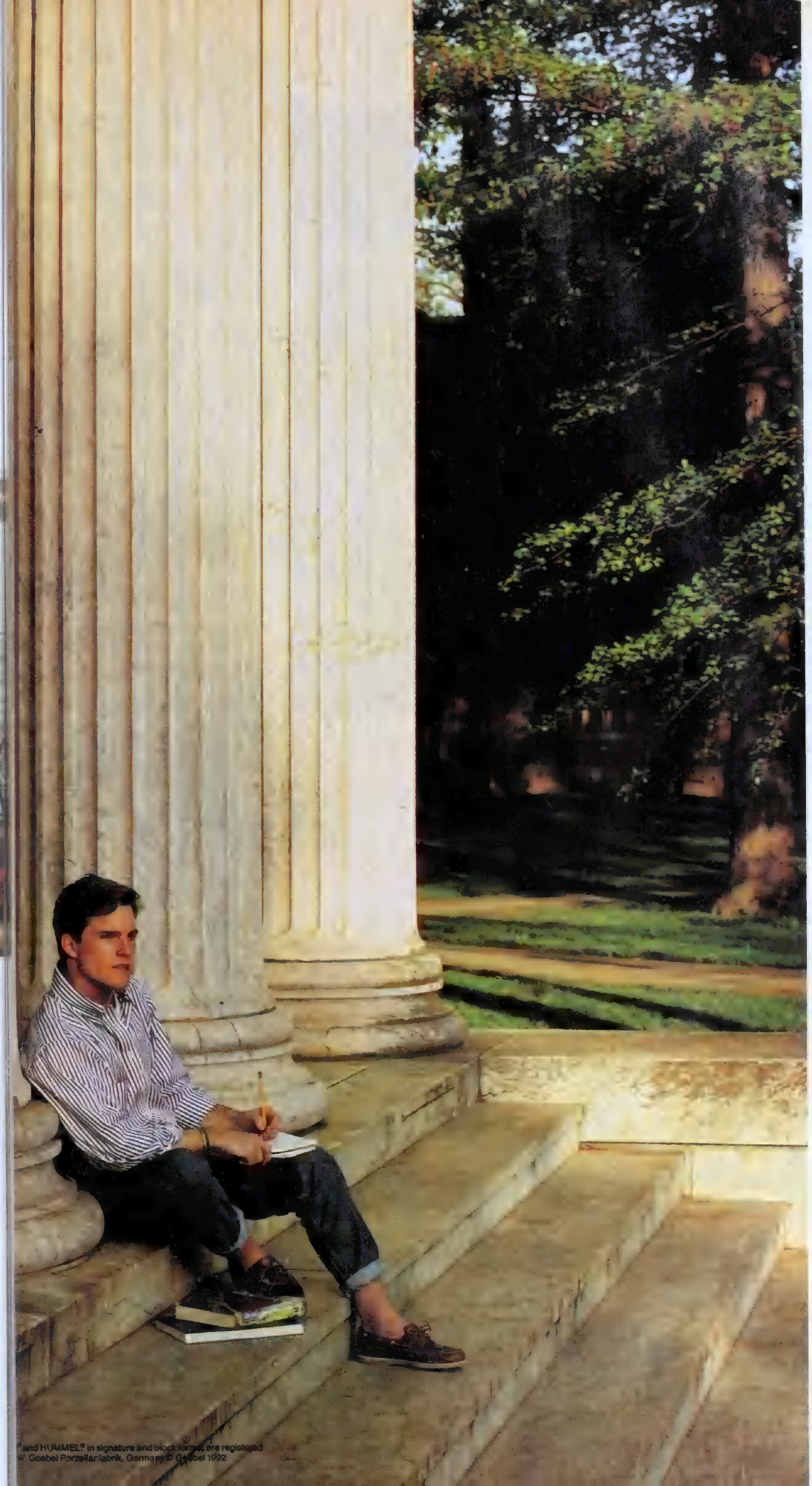
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be able to nag him,
his father wouldn't
be able to lecture him,
and, best of all,
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be able to bug him.
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outside the library,
he wondered if his sister
had received his present.
And why
he had picked a school
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NATURAL RESOURCES



Designer Lyn Peterson, of Motif Designs, in New Rochelle, New York, says, "Nature is the ultimate pattern maker, so all of nature's bounty influences today's wallcoverings and fabrics." One easy way to bring the outdoors in is with silhouette window shadings by Hunter Douglas, left, that offer optimal light control. Below, a burst of flowers fills this bedding from Cameo Interiors' Bridgewater Collection.





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NATURAL RESOURCES









Stylized versions of vines and fruits grace today's wallpapers and accessories for an earthy yet modern feel. Examples, clockwise from top left: Motif Designs' Green Grocer wall cover and Still Life Border, from the Vintage Rosie II by Pat Farrell Collection, are perfect for a country kitchen; Fruita spoon rests by Vietri, Inc.; Ivy League wallcovering, from Richard E. Thibaut's Holland Park Collection; Motif Designs' Autumn Vine wall cover, from the Miniatures by Motif Collection.



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According to designer Mary Gilliatt, of the new PBS-TV series, *Decorating with Mary Gilliatt*, "A return to classicism is always seen at the end of the century." Clockwise from top left: Classical Urn wallcovering and fabrics from Schumacher's Williamsburg Collection; Mary Gilliatt's Greek Robed Figures border; and Faux Finish II Collection, Sandpiper Studios (also below); Pillar & Arch wallcovering with Egg & Dart border; and old-world document wallpaper, also from the Faux Finish II Collection.





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Greek-key geometrics, frescoes and medallions are expressed on architect Robert A.M. Stern's Herculaneum linens designed for Martex, above. Villeroy & Boch's Acanthus bone china dinnerware, right, mimics detailing of columns and porticos. Pineapple knobs, a traditional symbol of hospitality, contribute to the antiquities theme. Villeroy & Boch's dinnerware design, bottom right, features classic mosaic motifs. Country Floors' line of Italian marble tiles, near right, are deliberately distressed to give the aged effect of rounded edges and interesting textures. ▶





We discovered a healthier way to make fried food.

(Isn't that a contradiction?)

Not if you know about all the remarkable benefits that come from cooking with a Tefal Supercool fryer.

th its precision preset thermostat, the Tefal Supercool fryer maintains a perfect oil temperature so that food is sealed on outside and absorbs less oil than with the traditional methods of frying. The result is food that is crispier, tastier and er for you. And, of course, it's healthier to use a lesterol-free cooking oil.

The Tefal Supercool fryer is also designed er than any other fryer. For example, its side thermal layer of insulation ensures t the fryer is always cool to the touch en in use. The safety-locking prevents spills. The ingeni- wind-down basket lowers food from the side to eliminate splatters. nd there's a rcoal filter which absorbs unwanted cooking odors.



The Tefal Supercool fryer is changing the es to making fried food healthier, is the idea way people think about fried food. The only contradiction when it of making it without a Tefal Supercool fryer.

2 T-FAL Corp.

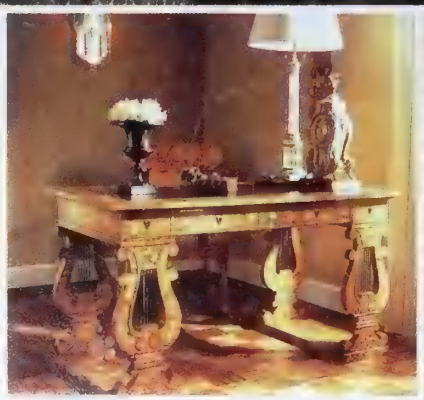
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Designer Lynn Hollyn, of the Lynn Hollyn Store, in New York City, says the appeal of heirlooms has prompted designers to create new products that have an old feeling. Clockwise from top: Gramercy's wallcovering, July, from The Etro Collection; Baker Furniture's six-drawer spice chest, from the Mastercraft Collection; Lynn Hollyn's newest tabletop collection, Creme de la Creme for Porta, was created "to look like it has been acquired over time"; Village's Trevor wallcovering and Trellis border from the Victorian Village Collection; Baker Furniture's Stately Homes Russian table desk has legs that resemble Greek lyres. ▶


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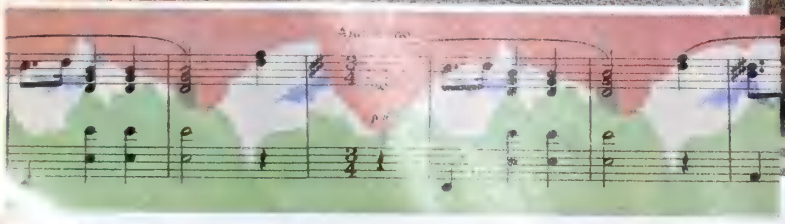
FUN IS IN—SO WE'RE FILLING OUR ROOMS WITH HOBBY INTERESTS AND SPORTING GEAR FOR A LOOK THAT'S WARM AND WHIMSICAL

Clockwise from top: Richard E. Thibaut's Old Ironsides tall ships wallcovering, from the Holland Park Collection; Play Ball photo mural by Environmental Graphics brings baseball into your child's dreams; United Wallcoverings' For Men Only Collection includes a speedboat border motif that complements a nautical theme; Prelude border, by Environmental Graphics, features a Chopin composition; United's hobby wallpaper, from the For Men Only Collection, scores with various sports, golf and tennis designs. ▶











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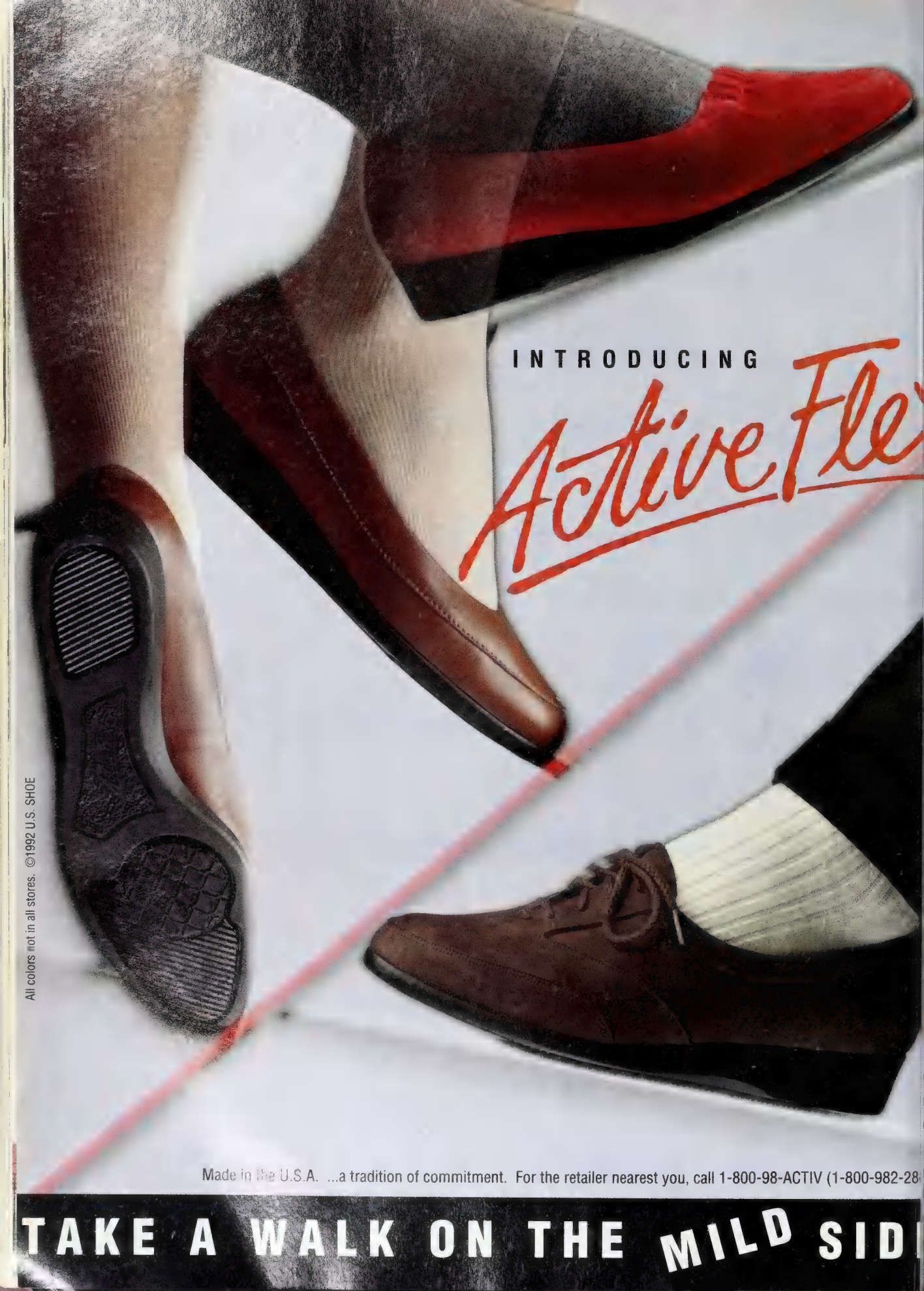
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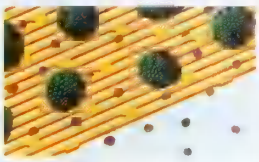
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IOTIFS OF THE MOMENT

SSELS SYMBOLIZE AN ERA OF GANCE; NATIVE AMERICAN TERNS FLOURISH ON FABRICS

signer Charles Reilly, of New rk City, says the trend to- rd tassels is an easy way to ng Victorian detail into your me. Clockwise from left: leroy & Boch's Messalina tern of tassels; Richard E. ibaut's Ramapo wallpa- , border and fabric, m the Impromptu IV lection, serve up South- tern flavor; Schumacher's fabrics—Amarillo (large nt), La Tara (small nt) and Ibizia (stripe); lian Vernon's Tassel- sign Hat Boxes are h-fashion hideaways.

H.J.17









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LHJ ROOM MAKEOVER CONTEST

If you've recently renovated your entire home, or redesigned even just one room, here's your chance to **CASH** in on your efforts. **LADIES' HOME JOURNAL** is sponsoring its first **ROOM MAKEOVER CONTEST**, and you could win money, prizes and the chance to be featured in our magazine.

YOU CAN ENTER IN ANY ONE OF 5 CATEGORIES:

● *Living room/Family room* ● *Kitchen* ● *Bathroom* ● *Bedroom* ● *Any room redesigned to make the most of natural sunlight.* You can enter in as many categories as you want, but win only one. Final entries must be received by February 28, 1993.

CASH AWARDS

5 Grand-prize winners (one per room category): $5,000
5 Second-prize winners (one per room category): $1,500

WHAT WE'RE LOOKING FOR

LHJ will judge your entry on the overall look, how well the new room reflects your life-style, and your use of products and applicances. Any makeover project completed by February 28, 1993, is eligible—no matter how big or small. It's also eligible whether you did the work or hired professional help.

WIN PRIZES

You may also win cash, products or product purchase refunds from co-sponsoring manufacturers whose merchandise you have selected for use in your makeover. (*Look for details in your entry packet.) For example, if you use appliances from a specific manufacturer, you may be eligible for additional awards.

HOW TO ENTER

1. RIGHT NOW: Complete and mail the application for entry, below, or a photocopy (or 3½"x5" card) by January 15, 1993. **(WE'LL SEND YOU THE COMPLETE DETAILS AND ENTRY MATERIALS, ALONG WITH OUR OFFICIAL ENTRY FORM.)**

2. WHEN YOUR PROJECT IS DONE: Send us the final entry form. Get a head start now by saving floor plans, photos of your rooms Before and After, and receipts that could make your project a winner.

3. THE WINNERS: Winners will be selected by a panel of LHJ judges. We will notify all winners by mail, and publish the top winner in each category in our September 1993 issue.

LHJ ROOM MAKEOVER CONTEST
APPLICATION FOR ENTRY

NAME _____
ADDRESS _____
CITY _____
STATE _____ ZIP _____

SEND $2 (CHECK OR MONEY ORDER) FOR POSTAGE AND HANDLING FOR YOUR ENTRY PACKET* TO:
Ladies' Home Journal
Room Makeover Contest
100 Park Avenue
New York, NY 10017
*No fee required for residents of VT, MD, AZ.

Be sure to check the box(es) that best describes your project(s)
☐ 1. Living Room/Family Room ☐ 2. Kitchen ☐ 3. Bathroom ☐ 4. Bedroom
☐ 5. Any room designed to make the most of natural sunlight

PLEASE DO NOT SEND PHOTOS OR PROJECT PLANS WITH THIS APPLICATION FOR ENTRY. SEND ONLY ONE ENTRY PER FAMILY. (Allow six weeks for delivery of final entry packet.)

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*Look for additional awards by these co-sponsors ranging in value from $100 to $5,000 when you receive your complete entry packet. These additional prizes are void in VT, MD, AZ.

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WHERE-TO-BUY GUIDE

H.J. Cover: Schumacher Country Squire Collection.

H.J. 2 Leopard Stripe wallcovering and Leopard border, from Richard H. Thibaut's Anniversary Collection. For a brochure, write to Richard E. Thibaut, 706 South 21st Street, Irvington, NJ 07111; or call 800-223-0704; in NJ, 800-223-0705.; Katzenbach & Warren's Giraffe wallcovering, from the Black-and-White Collection. **H.J. 4** Silhouette window shadings by Hunter Douglas One Duette Way, Broomfield, CO 80020, 800-22-STYLE; bedding from Cameo Interiors' Bridgewater Collection, Cameo Interiors, 1 Park Avenue, New York City 10016; 212- 679-3040. **H.J. 6** Motif Designs' Green Grocer wallcover and Still Life Border, from the Vintage Rosie II by Pat Farrell Collection; Fruita spoon rests by Vietri, Inc.; Ivy League wallcovering from Richard E. Thibaut's Holland Park Collection; Motif Designs' Autumn Vine wallcover, from the Miniatures by Motif Collection. **H.J. 8** Greek Robed Figures border, Mary Gilliatt's Faux Finish II Collection, Sandpiper Studios (a division of Design Directions, 800-238-9125); Pillar & Arch wallcovering with Egg & Dart border, Classical Urn wallcovering and fabrics from Schumacher's Williamsburg Collection; old-world document wallpaper (style FF650-08) from Mary Gilliatt's Faux Finish II Collection. **H.J. 10** Robert A.M. Stern's Herculaneum linens designed for Martex; Villeroy & Boch's Acanthus bone china and Pergamon bone china dinnerware.

H.J. 12 Gramercy's wallcover
July, from The Etro Collection; Ba
Furniture's six-drawer spice ch
from the Mastercraft collection. L
Hollyn's newest tabletop collect
Creme de la Creme for Porta;
lage's Trevor wallcovering and Tr
border from the Victorian Village
lection; Baker's Stately Homes F
sian table desk. **H.J. 14** Richar
Thibaut's wallcovering from the H
land Park Collection; Play Ball ph
mural by Environmental Graph
United Wallcoverings' For Men C
Collection includes a speedboat b
der motif; Prelude border, by E
ronmental Graphics; United's Ho
wallpaper, from the "For Men O
Collection. **H.J. 17** Villeroy & Boc
Messalina pattern of tassels; Rich
Thibaut's Ramapo wallpaper, bor
and fabric, from the Impromptu
Collection; Schumacher's Amat
(large print) LaTara (small print) a
Ibizia (stripe) fabrics; Lillian Vern
Tassel-Design Hat Boxes.

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Holiday Mint Pie

7 packages (1.6 oz. ea.) Junior Mints
1 envelope unflavored gelatin
1 tablespoon unsweetened cocoa powder
2 cups (1 pt.) half 'n half or light cream
3 cups sweetened whipped cream or thawed frozen whipped topping
9" baked single pie crust, graham cracker or cookie crumb crust

1. Place 1 package Junior Mints in freezer.
2. In medium saucepan, stir together gelatin and cocoa. Add 1 cup half 'n half. Stir over low heat until gelatin is dissolved, about 5 minutes. Remove from heat and add remaining 6 packages Junior Mints and 1 cup half 'n half; stir until smooth.
3. Chill mixture, stirring occasionally, until mixture is slightly thickened, about 45 minutes. Fold in 1 cup whipped cream. Spoon into prepared pie crust. Chill until firm, about 4 hours.
4. Chop frozen Junior Mints and fold into remaining whipped cream. Gently spread over pie. Chill until ready to serve. Garnish as desired. Makes about 8 servings.



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Making ends meet

EXPERT ADVICE TO HELP YOU AND YOUR FAMILY COPE—EMOTIONALLY AND FINANCIALLY—WHEN YOUR HUSBAND IS OUT OF WORK

Six months ago, Jeff Lerner, thirty-two, was laid off from his job as a financial analyst. Since then, says his wife, Sarah, thirty, a full-time mother of two, he has been moping around the house. Sarah is trying to be supportive of Jeff, but she's also scared that they won't be able to pay their ever-growing stack of bills.

She's not alone. According to the U.S. Bureau of Labor Statistics, more than one million married men were out of work last year. And many wives, like Sarah, are trying to help their husbands cope with job loss while at the same time trying to overcome their own fears of the future.

Besides bringing in an income yourself, what can you do if you're facing this crisis? We asked Suzanne Pope, Ph.D., clinical director of Colorado's Institute for Marriage and Family Therapy, in Boulder, and Agnes Roach, a certified financial planner in Northbrook, Illinois, for some expert advice.



■ DON'T BE TOO HELPFUL.

"Women are taught to be [so] nurturing that sometimes we step in when we're not asked," says Pope. But telling your husband what he should do—such as making a new resume—implies that you think he's helpless, which will only make him feel worse. "There's nothing wrong with saying, 'Is there something I can do?' " says Pope. "But accept it if he refuses your help and understand that it's normal for him to be blue."

■ DEAL WITH YOUR OWN FEELINGS.

Keep a journal or take daily walks to give yourself time to think about how this situation affects your well-being. "Even women in dual-career marriages are threatened when their husbands are laid off," says Pope. Consider your childhood perceptions of your own father and his career. For instance, if he was irresponsible and often out of work, you may have a deep-seated fear that your husband is falling into this same pattern. Understanding why you feel the way you do can help you deal with and overcome those concerns.

■ EXPRESS YOUR FEARS.

Don't pretend that everything's fine. "Calmly airing your anxiety about the future," says Pope, will give both you and your husband a chance to share your feelings. It will also help you feel united—that the two of you can get through this together.

■ LET HIM KNOW THAT YOU STILL LOVE HIM.

Now, when your husband is at his most vulnerable, is when he needs to know that your feelings for him don't depend upon his ability to be a breadwinner. Keep in close contact, with lots of hugging and cuddling.

■ FIGURE OUT YOUR FINANCES.

Your aim, of course, says Roach, is to emerge from this situation as financially sound as possible. Her suggestions: 1. Draw up a realistic budget to cover the time you think it will take for your husband to find a new job—many experts suggest a minimum of six months. 2. Eliminate extras, such as going to restaurants and any unnecessary purchases. 3. Plan for unavoidable costs, such as car repairs or appliance breakdowns. 4. Evaluate your health insurance. If your family has no other coverage, your husband should continue to pay into his former employer's plan for as long as possible. 5. Don't borrow money from others unless you absolutely have to, but do discuss ahead of time whom you could ask for help in a pinch.

■ CALL FAMILY MEETINGS.

Sit down with the kids once a week and give everybody a chance to talk. Encourage your children to be honest; they need to vent their worries, too, says Pope.

■ TALK TO OTHERS.

Chances are that you know relatives or friends in similar situations. You can get enormous support and comfort from sharing your experience with people who understand.

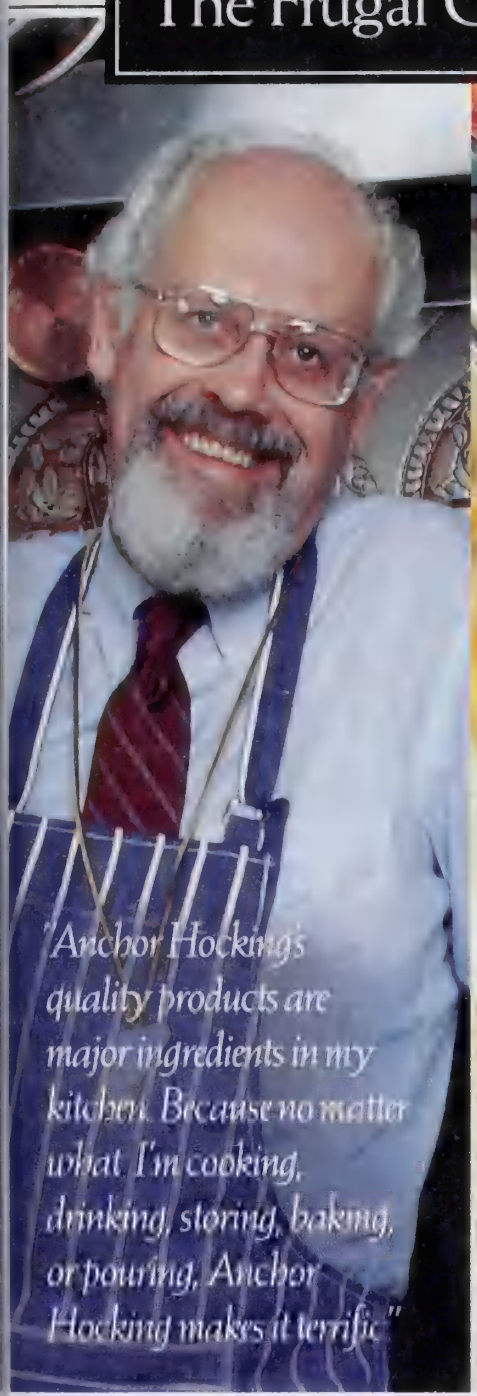
■ KNOW WHEN TO DRAW THE LINE.

Don't let your husband's unemployment become the focus of *every* conversation. For instance, your mother may mean well when she asks about his job prospects for the hundredth time, but perhaps you would rather talk about something less stressful. Ask her—and others—not to bring up the subject unless you mention it first.

■ MAKE SOME TIME FOR FUN.

Do schedule occasional low-cost splurges to lift your spirits. Ask a friend or relative to baby-sit so you and your husband can go to the movies (try a bargain matinee) or on a picnic. This will make both of you more optimistic about the future. —KIM FLODIN

The Frugal Gourmet's™ terrific pasta dish.

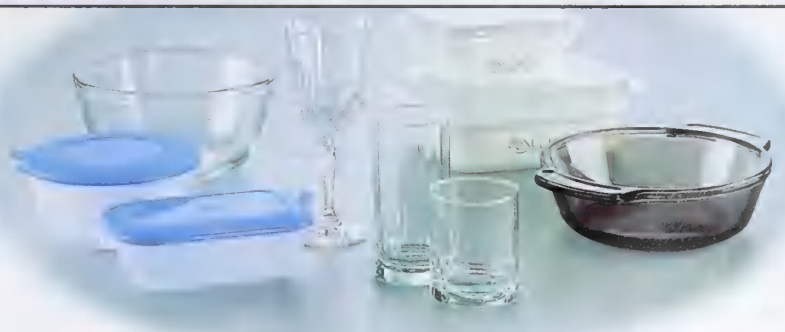




Quick-Baked Pasta Family Style

2Tbsp. olive oil
1 lb. lean coarse ground beef
3 cloves garlic, peeled and crushed
1/2 C. half and half
3/4 C. red marinara or spaghetti sauce
3/4 C. good brown gravy (homemade beef gravy or canned brown gravy, in a pinch)
1/4 C. Parmesan or Romano cheese, freshly grated
1 tsp. dried whole oregano
1/2 tsp. dried whole rosemary
Salt and black pepper, freshly ground, to taste
3/4 lb. penne pasta (short, small pasta tubes)
Topping: 1C. Mozzarella or Swiss cheese, coarsely grated

Bring 4 quarts of water to a boil. Heat a large frying pan and add the oil, beef, and garlic. Saute until the meat is tender and then drain excess fat. Add all remaining ingredients except the cheese for topping and the pasta. Simmer the mixture while the pasta cooks until just barely tender. Drain the pasta and mix it with the sauce. Pour all into a 3-quart Anchor Hocking glass rectangular baking dish and top with the remaining cheese. Bake uncovered at 350° for 25 minutes or until all is bubbly hot. Store leftovers in Anchor Hocking Pop-Top Storables® containers. Great for freezer, refrigerator or microwave. Serves 6. ANCHOR HOCKING



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HOW TO BE MORE CREATIVE

FIVE TOP TECHNIQUES TO HELP YOU REACH YOUR CREATIVE POTENTIAL—AT HOME AND AT WORK

It's hard to imagine a world without tollhouse cookies, but there was a time when these favorites didn't exist. In 1933, Ruth Wakefield, the owner of the Toll House Inn, in Whitman, Massachusetts, was experimenting in the kitchen when she broke a bar of chocolate into pieces and added them to butter-cookie dough. A classic was born.

As Mrs. Wakefield's innovation shows, creativity can enrich every part of life. It "can make a person more effective at work and as a parent. It even makes for more enjoyable leisure time," says Ruth Richards, M.D., Ph.D., a psychiatrist at McLean Hospital, in Belmont, Massachusetts, who is writing a book called *Creativity and the Healthy Mind*. "Being creative may even affect immune function, improving health and increasing longevity."

According to Richards, everyone is creative, although we may express it in different ways. To cultivate creativity throughout your life, try the following:



■ **Be curious and open-minded.** Challenge assumptions and look at things from different angles. Then try something new. For instance, a scientist at 3M company got the idea for Post-it Notes when he wanted a more effective way to mark passages in his church hymnal.

■ **Enjoy yourself.** According to Teresa Amabile, Ph.D., a professor of psychology at Brandeis University, in Waltham, Massachusetts, "People will be most creative when they feel motivated primarily by the interest, enjoyment, satisfaction of the work itself." Have fun with the process of what you are doing, rather than focusing on the final product.

■ **Get in shape.** Aerobic exercise increases creativity. Joan C. Gondola, Ph.D., a professor of physical- and health-education at Baruch College/City University of New York, who has done extensive research in this area, theorizes that the improvement has to do with changes in brain chemistry. Regular aerobic workouts may help keep creativity high. Even sporadic exercise can help. If you're grappling with a problem, put it aside and take a brisk walk.

■ **Don't judge too soon.** Learn to postpone criticism in the early stages of brainstorming. For instance, if you're trying to come up with an idea for a project at work, write down whatever pops into your mind, no matter how off-the-wall it seems.

■ **Listen to your inner voice.** Experts now realize that many great ideas come from the unconscious mind. To help tap into it, use free association, moving unhindered from one thought to the next. Also, pay attention to messages from your unconscious that may come at unexpected times, such as when you are falling asleep. Because your defenses are down, you may get some of your most inventive ideas then. —NADIA ZONIS

REFLECTIONS ON LOVE

In his recent book, "Born for Love," best-selling writer and teacher Leo Buscaglia, Ph.D., says that love is something we must continually work at in order to be truly happy. As you read one of his reflections on the art of loving, think about how his words apply to your life.

Taking chances

No one is immune to fear. But as with all emotions, it needs to be kept in balance with opposing voices that urge us to be more adventurous, to take risks.

The first time we wobbled on a bicycle, we became acutely aware of the prospects of suffering physical pain. But the joy of learning to ride was stronger than the fear of danger, so we practiced the skills necessary until the fear was overcome by the joy. Similarly, behaviors such as smiling at someone, initiating a conversation, offering a compliment, expressing honest emotion are all things we fear only because we don't practice them enough. If by putting them into action we bruise our egos a little in the process, it's not really much different from the skinned knee we acquired while learning to ride the bicycle and which soon healed. Love requires that we overcome the irrational and self-defeating fears that place distance between ourselves and others. —LEO BUSCAGLIA

From BORN FOR LOVE, by Leo Buscaglia. Copyright © 1992 by Leo F. Buscaglia. Published by SLACK, Inc. Distributed by Random House, Inc.



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How to get 50% OFF and shop like a pro

Don't wait for a sale to get a great bargain! Smart shoppers always know how—and where—to buy the best for less. The experts give the inside scoop on getting discounts—from elegant fashion to top-quality furniture and accessories

BY LESLIE LAMPERT

BEST FASHION BARGAINS

"Thou shalt not buy retail" could become the eleventh commandment in the 1990s. Outlet malls are the fastest-growing segment of retailing, but that's not the whole bargain story. Depending on where you live, you can find great discount deals at individual factory outlets, sample and surplus sales, and off-price stores of all kinds.

Shopping smarts

- Know retail prices. Outlet savings run from 20 to 80 percent off, so you want to make sure you're getting the best bargain you can. Current merchandise should be about 30 percent off; the past season's wares, at least 50 percent off.
- Do not succumb to shopping frenzy. If you wouldn't want the item at full price, don't buy it just because it's reduced.
- If you're able to check a favorite off-price store regularly (ask them what days new merchandise comes in), you have a good chance of finding a great bargain.
- Discounters usually have holiday sales, so get on their mailing lists.
- Don't dismiss resale and consignment shops. Many offer designer styles for 60 to 90 percent below original costs.

Below, a roundup of the best bargains around the country.

Resources

Outlet malls The best guide to the three hundred–plus outlet centers—about eight thousand stores nationwide—is the new *Outlet Shopper's Guide*, by Elysa Lazar and Eve Miceli (Lazar Media Group, $9.95, at a bookstore near you). It's organized by state, with maps and driving directions, and an index of designer and brand names available. *(continued)*

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Off-price chains In addition to great value on current-season merchandise, these stores also sell overstock and past-season clothes for 20 to 60 percent off department-store prices. **Marshall's** (420 stores in 39 states; for store location nearest you, call 800-MARSHALLS) and **T.J. Maxx** (over 450 stores in 46 states; for store location nearest you, call 800-2-TJMAXX) discount designer and brand names. **Filene's Basement** (41 stores in the Northeast, Illinois and Minnesota) has many designer labels, and **Loehmann's** (85 stores in 24 states; for store location nearest you, call 718-518-2760) has an array of lines, from the "better" category to designer items. Savings there are at least one third off and usually top 50 percent off.

Catalogs **Speigel's "The Ultimate Outlet"** catalog (800-332-6000) offers 20 to 80 percent lower prices of overstocks and special purchases from their standard catalog. (They also have ten outlet stores—eight in the Chicago area.) **Sierra Trading Post** (307-775-8000) publishes eight catalogs per year, offering 35 to 70 percent off on closeouts, overstocks and slight irregulars of brands like Patagonia and Sierra Designs. **Chadwick's of Boston** (508-583-6600) offers moderate off-price clothing similar to the kind available at T.J. Maxx, its parent company.

Where to go near you

Locally, notable discount shops abound in the greater metropolitan areas. Below, expert picks around the country.

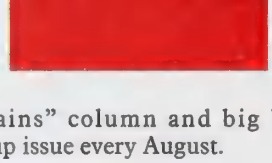
NEW YORK AREA Because New York City is the home base of America's fashion industry, hundreds of designer and company labels run periodic sample sales at below-wholesale prices. Find out about them in *The S & B Report* ($49 for 11 issues per year; Lazar Media Group, 112 East 36th Street, NYC 10016). **Stan-Rose** and **Abe Geller**, both at 141 West 36th Street, sell current styles from top designers at huge savings. The Lower East Side's Orchard Street is justly famous for steep discounts of famous-name merchandise, and there are other gems scattered around the city. A good overall source is *The Best For Less: The Insider's Guide to Bargains in New York*, by Lydia Cherniakova (Fireside, $8.95). She also publishes a newsletter by the same name ($33 for 12 monthly issues; 14 Washington Place, NYC 10003). For up-to-the-minute information, *New York* magazine's "Sales and Bargains" column lists the week's most interesting deals.

Nearby Secaucus, New Jersey, has a fifty-five-store designers' outlet center that includes a rare Gucci outlet, and is also home to a number of separate warehouse stores. Local shoppers make a beeline to **Calvin Klein** because it has his high-end designer clothes. Savings start at 20 percent off and are continually marked down. Don't be surprised to find last year's $1,500 little black dress at $300, or an end-of-the-line blazer for $12!

WASHINGTON, D.C. AREA For holiday dresses, knowledgeable shoppers head for the Back Room section of their local **Loehmann's** or the **He-ro** outlet at the Chesapeake Village at the Queenstown, Maryland, outlet center. There, they find glittery evening wear from Bill Blass, Bob Mackie and Fabrizio reaching 50 percent off by the time holiday parties are happening. **Ralph Lauren** fans often head straight for the Reading, Pennsylvania, outlet center, one of the few to carry his top-of-the-line items. Also in Reading, the **Jaeger** outlet can surprise you with a beautifully crafted $200 suede belt marked down to $10.

For inside-the-Beltway updates, see *Washingtonian* magazine's bimonthly "Bargains" column and big bargain roundup issue every August.

Don't succumb to shopping frenzy: If you wouldn't want an item at full price, don't buy it just because it's reduced.



CHICAGO AREA Readers of the *Chicago Tribune*'s Wednesday style section get the week's best bargains in the "Material World" column and the semiannual "Bargain Hunter's Guide" to the end-of-season sales. *North Shore Magazine* lists unusual sales in its bimonthly column "Shop Talk." Outlet hounds head for **Curnee Mills** (90 stores), but to find mix-and-match silk separates, try the **Eileen Fisher Outlet**, in Arlington Heights, run by the designer's sister. The **Back Room Designer Outlet**, in Chicago, has buy-outs and overstocked items from such top designers as Krizia, Gianfranco Ferre, Gianni Versace, Thierry Mugler and Donna Karan at an average of 70 percent below retail.

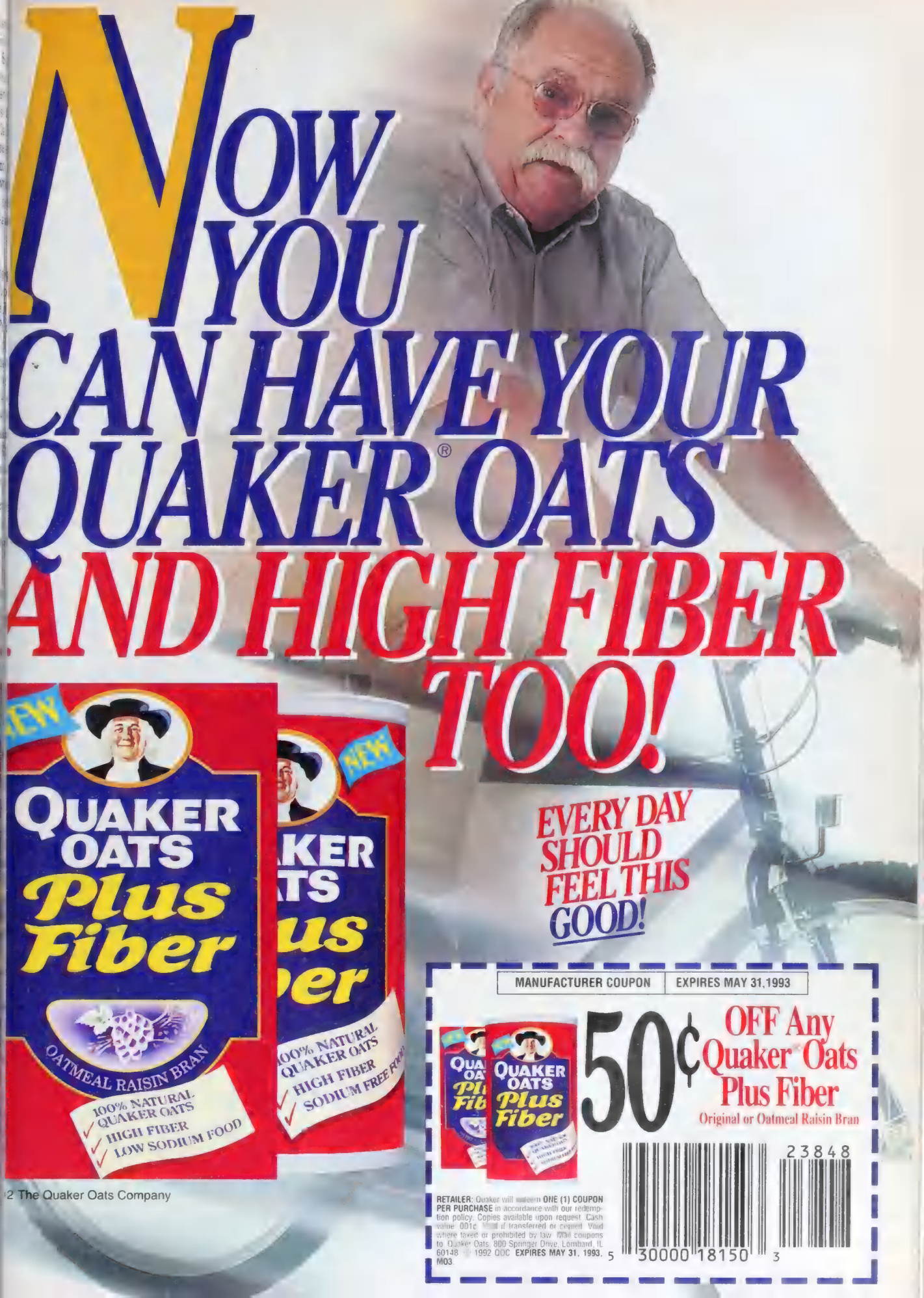
MINNEAPOLIS/ST. PAUL AREA The new Vicki Audette *Bargain Hunter's Guide to the Twin Cities* (Waldsr House Press, $9.95) is a welcome foll up to her 1984 book. While **Recies S ple Store**, in Eagen, still discou one-of-a-kinds, several new **Filen Basement** stores are opening this **Sylvester's Fashion Outlet**, in Bla sells everything from Gucci purse Osh Kosh overalls at 40 to 80 percent And insiders say that the **Hulme Awr & Shade Company**, in St. Paul, s slightly irregular Orvis canvas-a leather goods at 50 percent off.

SAN FRANCISCO AREA Shopp here have one of the most useful l guidebooks, *Bargain Hunting in the Area*, by Sally Socolich (Wingbow Pr $8.95). She covers San Francisco's ment district and all the off-price sto and also includes information on t factory outlets like **Jeanne Marc** (4 243-4396) and **Gunne Sax** (415-4 3326). At Jeanne Marc, you can sna $400 dress for $149, and at Gunne you can buy last season's romantic p dresses at 75 percent off. Socolich's " Bargain Hunter's Hot Line" newsle alerts readers to local factory sales new stores ($18 for nine issues a y P.O. Box 144, Moraga, California).

LOS ANGELES AREA In L.A.'s do town garment district, the **Copper Bu ing** houses fifty outlet stores, some which offer major labels and major ma downs. The surrounding neighborh also offers worthwhile outlets, so don' afraid to explore. For great deals, call **California Mart** (213-623-5876) for in mation on their monthly sample a overstock sales. For best buys all over city, consult *Buying Retail Is Stupid*, Trisha King-Crumley, Deborah N mark and Bonnie Cunningham (N mark Management Institute, $12 wit copy of this article; call 818-708-124 Newmark and King-Crumley also wri weekly "Bargains" column for the *L Daily News*. *Jeff Hutner's L.A. Barg Book* (New Paradigm Press, $12.95; 8 543-9316) is also a good source. And G Cook's "Best Bargains in L.A. and ange Counties," an eight-page mont newsletter ($30 per year; Box 67989, Angeles, CA 90067) is full of timely in mation, as is her "Bargains" column ery Friday in the *L.A. Times*. Some Cook's favorite spots are the **Harpe Ladies Wholesale Clothing** stores Woodland Hills, Encino and Culver C for 50 to 70 percent off famous bran and **Alley in the Valley**, a group of outl featuring high-style clothing, in Reseda

SOUTH FLORIDA AREA T clothes lean toward the glitzy s here, and some of the best barga can be found in **Hallandale**, wh there are 68 discount *(continu*

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dress stores (affectionately referred to as Schmatte Row). Those in the know start at Sheila's (122 NE 1st Avenue) for great buys on designer items. For outlets, Sawgrass Mills, west of Fort Lauderdale, is the biggest in Florida (225 stores) and includes an Ann Taylor Clearance Center that sells clothes from its national stores at about half price. For out-of-the-way bargains, consult *It's Stupid to Buy Retail*, by Christine and Eleanor Miller (send $19.95 to Box 6400, Hollywood, FL 33081). *Miami Herald* fashion editor's pick hit: Designer Shoe Wholesale (305-925-SHOE), open only on weekends, for brands like Evan-Picone, Bandolino and 9 West, in sizes 5 to 12, for $15 to $30. For a spring update, look for *South Florida* magazine's 200 Best Buys issue in May 1993.

—REPORTED BY MARY PEACOCK, *a founding editor of Ms. magazine who frequently writes on style and fashion*

FURNITURE FINDS

Did you know there are dozens of showrooms and stores around the country, as well as terrific mail-order catalogs, that offer huge discounts on everything from armchairs to armoires? Here's how to find the bargains.

Shopping smarts

■ Don't pay cash up front. Charge a deposit (usually between 25 and 50 percent is required) on a credit card, and pay the balance C.O.D., after you've inspected the merchandise.

■ Ask whether the retailer offers a warranty, or if they have a damages policy.

■ If you're ordering from out of state, figure in shipping costs, and confirm the method of delivery.

■ Check out a discounter's reputation by calling the local Better Business Bureau.

Where to go

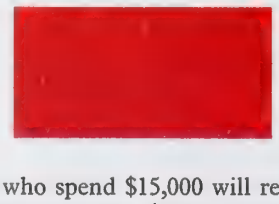
North Carolina is the furniture industry capital. Manufacturers' showrooms abound here, and the High Point Chamber of Commerce (P.O. Box 5025, High Point, NC 27626; 919-889-8151) will gladly provide you with a list of better-known discounters. Bonus: If you're shipping out of state, you don't have to pay sales tax. Following are three of the best bargain houses.

■ FURNITURELAND SOUTH, in High Point, North Carolina, is reputedly the largest furniture store in the United States. The 600,000-square-foot store boasts discounts of 30 to 50 percent off retail, and carries 350 lines, including Bernhardt, Century and Broyhill (5635 Riverdale Road, High Point, NC 28603; 919-841-4328).

■ YOUNG'S FURNITURE AND RUG COMPANY, in High Point, specializes in high-end furniture by over one hundred manufacturers, including Henredon, Lane, Hickory Chair, Lexington, Brown-Jordan and Virginia Metalcrafters. All the sales reps are qualified interior designers and will help you navigate the 50,000-square-foot showroom. Discounts are often more than 40 percent off retail (1706 North Main Street, P.O. Box 5005, High Point, NC 27262; 919-883-4111).

■ TURNER TOLSEN, in historic New Bern, North Carolina, carries most major brands, and also offers discounts between 30 and 50 percent. Shopping here can be like a mini-vacation. If you buy $4,000 worth of furniture, for example, Turner Tolson will put you up in a bed-and-breakfast and even provide child care. Spend $6,000, and they'll pay your golf fees and throw in a tour of nearby Tyron Palace. Eight thousand dollars buys you an eighteenth-century dinner. For spending $10,000, you can take a tour on the *Vixen*, a motor yacht, where, for $2,000 more, a chef will prepare dinner on board.

Furnish your home without leaving the house: The Edgar B catalog company offers discounts of up to 50 percent.



Those who spend $15,000 will receive all of the above—plus a $300 voucher toward airfare (Ocean Highway 17 South, New Bern, NC 28560; 919-639-2121).

Outside of North Carolina, there's a host of retailers who offer deep discounts as well, and many will ship out of state:

On the East Coast

■ CAROLINA FURNITURE OF WILLIAMSBURG, in Williamsburg, Virginia, carries high-end lines such as Century, John Widdicomb, Henredon, Thayer Coggin and Swaim at savings between 25 and 50 percent off. You can also order from their catalog (5425 Richmond Road, Williamsburg, VA 23188; 804-565-3000).

■ RALPH LAUREN operates several factory-outlet stores across the country, where you can get between 40 and 50 percent off of his classic bedding and bath towels. (Ralph Lauren Factory Outlet Store, P.O. Box 1525, Manchester, VT 05255; 802-362-2340. This is the main outlet; call 800-653-7656 to find the let nearest you.)

■ NATIONAL FURNITURE GALLE in New York City, features fine bedr living-room and dining-room furni at 30 to 50 percent off. There's Ba and Broyhill on the showroom floo you can order Henredon, Baker and tury (115 East 29th Street, New Y NY 10016; 212-889-2620).

In the Midwest

■ EUROPEAN FURNITURE WA HOUSE, in Chicago, offers goods at 60 percent below retail. You can ord mail, or visit the huge warehouse, w you'll find reproductions of conte rary pieces by Le Corbusier, Cha Eames and Marcel Breuer, as well as ditional items (European Furniture porters, 2145 West Grand, Chicag 60612; 800-283-1955).

■ THE FURNITURE CLEARAN CENTER, outside of Milwaukee, feat samples, manufacturers' closeouts, discontinued styles by Baker, Henre Century, Jeffco and John Widdico Discounts are 30 to 70 percent off r (8901 West North Avenue, Wauwa WI 53226; 414-476-2622).

In the South

■ At BETTER HOMES AND B GAINS, in Dallas, pieces that graced showrooms in the Dallas Fu ture Mart are now reduced from 50 percent. More than fifty name brand offered, along with secondhand furn from estate sales (9243 Skillman, D TX 75243; 214-343-4400).

■ PREFERRED STOCK FURNITU in Boca Raton, Florida, is filled with nishings from seventy-five well-kn companies plus galleries devote Pennsylvania House pieces and Na leather goods. Sample items by Cen Lane and Carsons are available at counts between 25 and 50 percent o tail (1020 Holland Drive, Boca Ra FL 33487, 407-994-1212).

On the West Coast

■ EDDIE GOLD FURNITURE, in Angeles, a forty-year-old family busi offers great discounts on Bernha Lane and Sealy. At their sample sales savings can go as high as 70 percen (4935 McConnell Avenue, Bldg. 3, Angeles, CA 90066; 213-870-3050).

Nationwide outlets

■ SEARS has ninety-two outlet st nationwide, with a smattering of cou recliners, dining-room sets, tables lamps from 50 to 70 percent off the nal retail price. (To find the one ne you, call 312-875-2500.)

■ SPIEGEL CATALOG COMPANY ten outlet stores across the cour where prices are reduced on overbo

ıes and products. (To find the one arest you, call 800-645-7467.)

ıtalogs to count on

EDGAR B, in Clemmens, North Carna, is a discount catalog company that ers many brand names as well as their n signature collection. Choose from ms by Lexington, Lane, Hickory air, Hickory White and Southwest Reoductions. The catalog conveniently mpares Edgar B's prices (between 40 d 50 percent off) with suggested retail ces (800-255-6589).

MURROW FURNITURE GALRIES, INC., in Wilmington, North rolina, offers a free mail-order catalog at carries furnishings and accessories m more than 500 manufacturers, inıding Baker, Century, Henredon, exel Heritage and Thomasville (919-4010).

STUCKEY BROTHERS FURNIRE CO., in Stuckey, South Caroli, will mail you various brochures of niture and accessories, including tio lines, lamps and mirrors, from er 300 manufacturers. If a piece you nt isn't in a brochure, mail them a ture of it or give a detailed descripn over the phone, and they'll try to it for you at a 35 to 50 percent disınt, or visit their 25,000-square-foot owroom (Route 1, Box 527, Stuckey, SC 29554; 803-558-2591).

—REPORTED BY BETH SHERMAN, *home furnishings reporter for New York Newsday*

BEST KIDSWEAR BARGAINS

Here are the hot spots to shop for kids' clothes you thought were unaffordable.

Shopping smarts

- Never be intimidated by a price tag. Ask the store owner if he will come down on the sticker price. But don't expect a major markdown; generally 20 percent off, including tax, is the maximum.
- If haggling doesn't work, call the manufacturer listed on the garment tag. If they have an outlet store, see if they will ship the item to you at the outlet price.
- Ask to be placed on mailing lists.
- Check with your local apparel mart or fashion center for designer sample shows.
- Don't overlook lower-end mass merchants, like Kmart, Walmart, Target and Ross stores, for upscale merchandise at great value.
- Networking with other moms at discount outlets, sample sales and factory clearances is imperative. Remember, these moms are in the know and probably have additional inside info.
- Buy with an eye toward the future. If you come across a sensational buy, stock up on larger sizes.

Where to go

On the East Coast

Aida's & Jimmy's, 41 West 28th Street, 2nd floor, NYC; 212-689-2415. Aida's & Jimmy's offers a comprehensive selection of the latest girls' holiday dresses. Clothing by top designers can be found here, including the currently stylish velvet-bodice and taffeta-skirt dresses. Sizes range from infant to preteen. MasterCard, Visa, AmEx. Monday through Friday, 9 A.M. to 5 P.M.

Children's Emporium, 293 Court Street, Brooklyn, New York 11231; 718-875-8508. The king of the East Coast off-price merchants, this store offers such desirable designers as: Country Kids; Ava Baby; Cynthia Wentworth; Bubala; Monkey Wear; Tom Kid and too many others to mention, at reductions of 35 to 75 percent. Visa, MasterCard, checks accepted; Monday through Friday, 10:30 A.M. to 6:30 P.M.; Saturday, 10 A.M. to 5 P.M.; Sunday, 11 A.M. to 5 P.M.

DeCoco, 21 Lime Street, Marblehead, Massachusetts 01945; 617-631-5135. This factory store will sell its unique sportswear and novelty sneakers to the public at wholesale, and slightly below once they've completed shipping. If it's maribou-trimmed sneakers you're after, look no further. Store hours are Monday through Friday from 9 A.M. to 6 P.M. and Saturday from 10 A.M. to 4 P.M. *(continued)*



Call for occasional Sunday hours. Cash and checks accepted.

Children's Wear Outlet, 100 North Front Street, New Bedford, Massachusetts; 508-993-8930. If you love the upscale Eieio and Hot Tots lines, this outlet claims to be 50 percent below wholesale... wow! For girls (up to size 14), find 100 percent cotton jersey jumpers, leggings, hand-knit, embroidered cardigans and classic cotton blouses. For boys (up to size 7), get the Great Outdoors line, featuring cactus colors and muted earth tones in hooded cardigans, one-pocket turtlenecks and coordinating pants. Open from 10 A.M. to 5 P.M., Monday through Saturday. They accept cash, MasterCard and Visa.

Schwab & Co. Factory Store, 11950 Upper Potomac Industrial Park, Cumberland, Maryland 21502; 301-729-0602. If you're familiar with Little Me, Mufflings, King Cole and Choozie, then here's a find. Discounting closeouts up to 70 percent off, and selling off imperfects at $4 to $6, this very accommodating outlet will also mail-order sale items for you. For holiday time, Polly Flinders and Bryan dresses will be available at 50 percent off. Dress sizes range from infant to 12. The store stocks sizes preemie to 20 for boys and up to 12 for girls. Monday through Friday, 10 A.M. to 5 P.M.; Saturday 10 A.M. to 4 P.M. Visa, MasterCard, Discover and personal checks accepted.

JM Originals, Berme Road, Box 628, Ellensville, New York 12428; 914-647-3003. The trendy styles that JM Originals is famous for are available to the public at 50 percent off or more via phone mail orders (or in person). Call the warehouse and request a mail-order instruction sheet. Open daily 10 A.M. to 5 P.M.; MasterCard, Visa and checks accepted.

Little Editions, 651 Germantown Pike, Lafayette Hill, Pennsylvania 19444; 215-828-2024. Another fashion-forward novelty line, this company's store outside of Philadelphia sells overruns and clearance merchandise at 20 percent above wholesale—and below, too. Open Monday through Friday, 9 A.M. to 5 P.M.; accepts cash or checks only.

On the West Coast

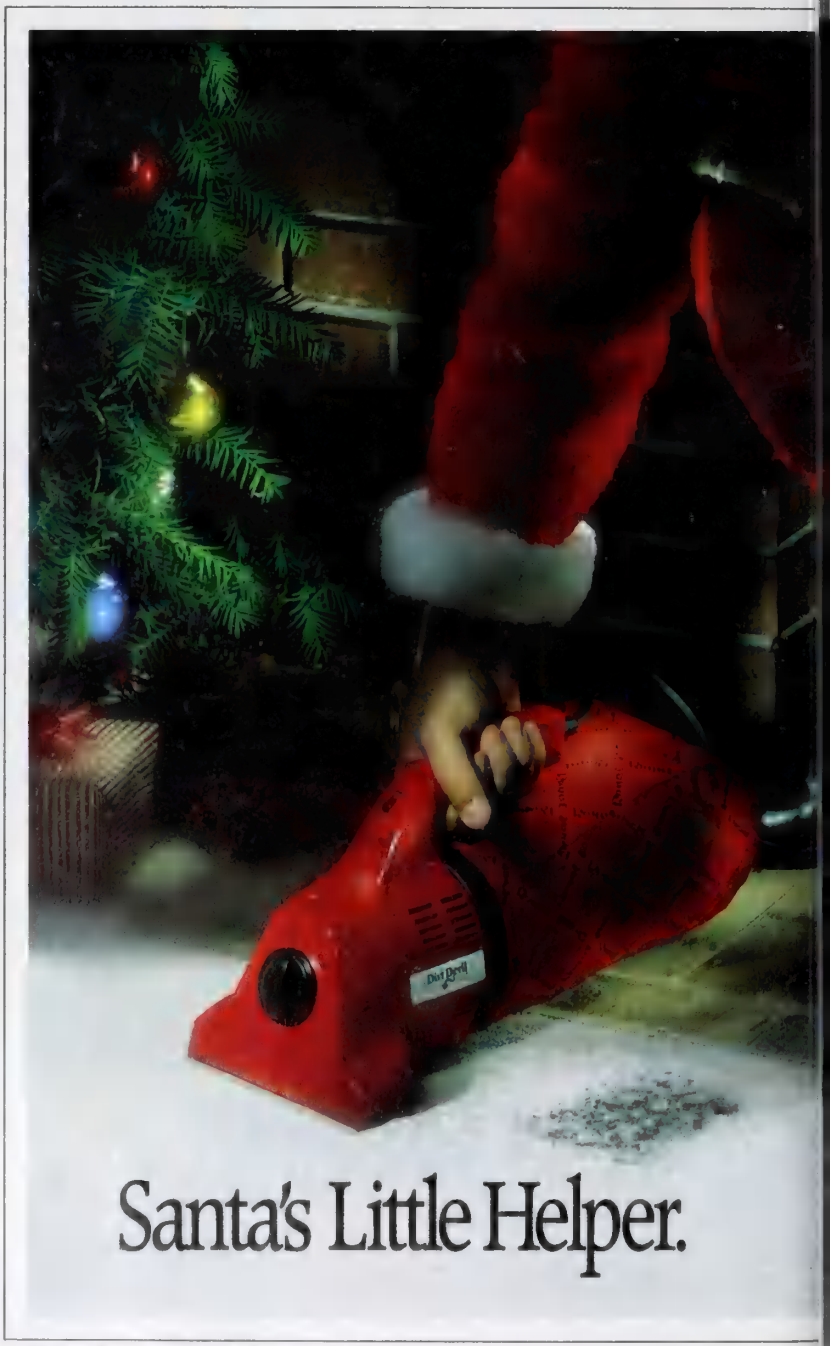
Kid Poets, 204-G, Petaluma, California 94952; 707-762-3616. A most unusual kids' clothing store, featuring funky, practical and stylish fashions in cotton, fleece and flannel for boys and girls, this store carries samples, rejects and overruns at wholesale and below. Payment can be made by cash or check.

Kids Clothing Outlet, 122 Kentucky Street, Petaluma, California 94952; 707-769-8564. This off-price outlet carries high-end manufacturers' overages: Trumpette; Esse Pink; Baby Duckies; Loona; Vis A Vis; Egg; Nini Bambini and Monster Wear. Reductions are 40 percent off retail. Sizes range from newborn to 8 for both boys and girls. Open Monday through Saturday, 10 A.M. to 5 P.M. and Sunday, 11 A.M. to 4 P.M.; accepts AmEx, Visa and MasterCard.

For Kids Only, 746 North Fairfax Avenue, Los Angeles, California 90046; 213-650-4885; and 19367 Victory Blvd., Reseda, California 91335; 818-708-9543. This is the king of West Coast off-price merchants. Expect to find only the finest European and American designer kids' items for up to 80 percent below retail! Open Monday through Saturday, 10 A.M. to 6 P.M.; Sunday, noon to 5 P.M.; accepts MasterCard, Visa and checks.

San Francisco Fashion Cent
699 8th Street, San Francisco, Califo
94103; 415-864-1561. Sample sales
some of the country's best children's
signers are held several times a year
and could save you a fortune. The
sale takes place November 20 and
Call for details. Payment varies by
dor—some take only cash, others
checks and credit cards.

Dugan & Bob's Factory Sto
5175 Soto Street, Vernon, Califo
90058; 213-582-1770. This well-desig
basics line made with natural fibers h
"Save the Great Outdoors" motif
strives to raise a "greener" consciousn
This is a boys' and girls' line from in



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size 7. Prices are always discounted at st 50 percent, and cash only is the rule. ey're open on Thursday, Friday and urday from 9 A.M to 5 P.M.

the South

R Kid's Factory Outlet, 700 ality Road, Fayetteville, North Caroli- 28306; 919-483-2039. The well-known ss manufacturer Isabella has an outlet leftovers here. Offering bargains from percent on special clearance items, y are open Friday and Saturday only m 8:30 A.M to 5 P.M. Other brand nes include Jordache and Osh Kosh. e range for both boys and girls is from born to 14. Cash, Visa and Master- d and checks.

Strasburg Lace, Riviera Outlet Center, 2601 McKensie Street, Foley, Alabama 36535; 205-943-7111. For exquisite holiday outfits for boys and girls at 40 to 50 percent off retail, Strasburg Lace is the specialist. Known for their heirloom-style creations, embroidered dresses, silks, chiffons, organzas, rompers, knickers and more, they will also take orders over the phone and accept Visa, MasterCard, AmEx. Open Monday through Saturday, 9 A.M. to 9 P.M.; Sunday, 10 A.M. to 6 P.M.

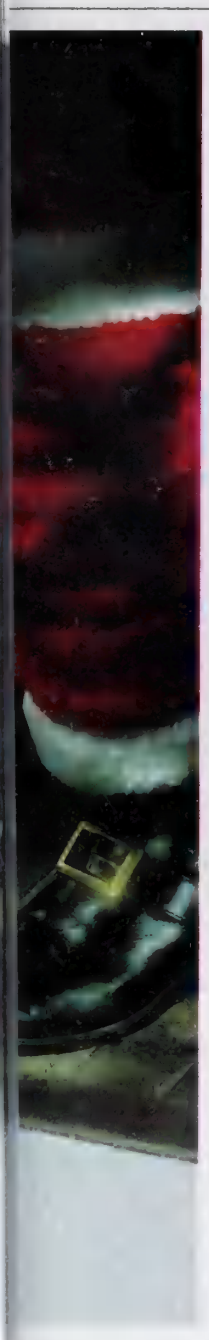
In the Midwest

Echo Field, 19385 Highway 7, Excelsior, Minnesota 55331; 612-474-5032. A large, fun store for kids and parents, Echo Field tries out new designs in this flagship location. Sales are constant, with further reductions on irregulars reaching up to 70 percent off. This delightful collection of 100 percent preshrunk cotton playwear is known for its durability. Catalog available (612-935-4545). Open weekdays 9 A.M. to 5:30 P.M., and Thursday night until 8 P.M.; Saturday, 10 A.M. to 5 P.M.; Sunday, noon to 5 P.M.; Visa and MasterCard accepted.

Rachel T, 1500 Iron Street, North Kansas City, Missouri; 816-472-6056. European dresses for girls sizes 12 months to 14 are available here at 50 percent below store prices. Rachel T is known for its quality collection. Open from 7 A.M. to 3:30 P.M., Monday through Friday. Cash or checks only.

Annie's Antics, 2045 West Maple Road East, Walled Lake, Michigan 48390; 313-699-6010. A year-round outlet open Monday through Friday from 10 A.M. to 4 P.M., they are famous for their feminine line of denim and rosebud-appliqué playwear. Sizes are limited to infant through 14. Cash or checks only.

—REPORTED BY SUSAN ROBINSON, *editor of Kids News*



Ever wonder how Santa gets in and out of chimneys without leaving a trail of soot? Tucked away in his bag of goodies is a powerful, lightweight Dirt Devil® Hand Vac.™ The Hand Vac's deep-cleaning revolving brush lets Santa cover his tracks down to the last Christmas cookie crumb. And for cleaning up after a horde of elves, Santa recommends the Dirt Devil Sweeper,™ Upright,™ Broom Vac® or Power Pak.™ So take a tip from Santa and add some Dirt Devil vacuums to your gift list. Help someone you love clean up this Christmas. Call 1-800-321-1134 in the U.S.A., and 1-800-661-6200 in Canada for a Dirt Devil retailer near you.



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More books and newsletters

■ **Wholesale by Mail Catalog**, by Lowell Miller and Prudence McCullough, available through HarperPerennial, 10 East 53rd Street, NYC 10022-5299; 800-331-3761; $14.95.

■ **The Outlet Shopper: A Guide to Factory Outlet Shopping in Pennsylvania, Maryland, Virginia, and the District of Columbia**, by Carolyn Vogel Benson. The book costs $9.95 and is available through The Washington Book Trading Co., P.O. Box 1676, Arlington, VA 22210; 703-525-6873.

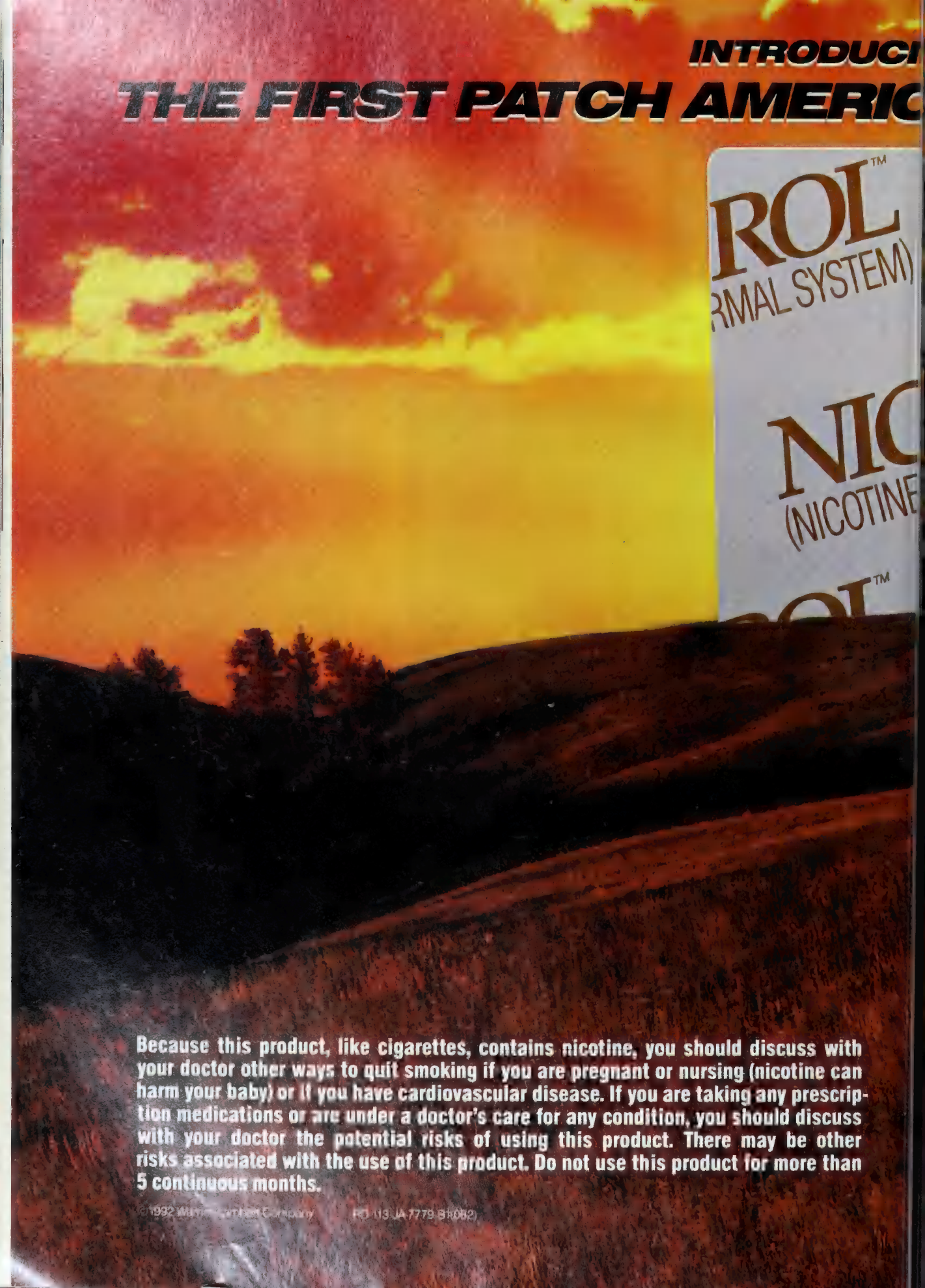
■ **Kids News** children's-wear bargain guide is a bimonthly newsletter that lists national "insider shopping information" including: backroom factory sales; warehouse clearances; showroom sample sales; discount opportunities and nationwide designer outlets where parents can save upwards of 80 percent off retail on children's designer clothing. For an annual subscription (six issues plus updates), send $24.95 to Kids News, P.O. Box 797, Forest Hills, NY 11375.

■ **The Kids' Catalog Collection**, by Jane Smolick. Globe Pequot Press, $11.95.

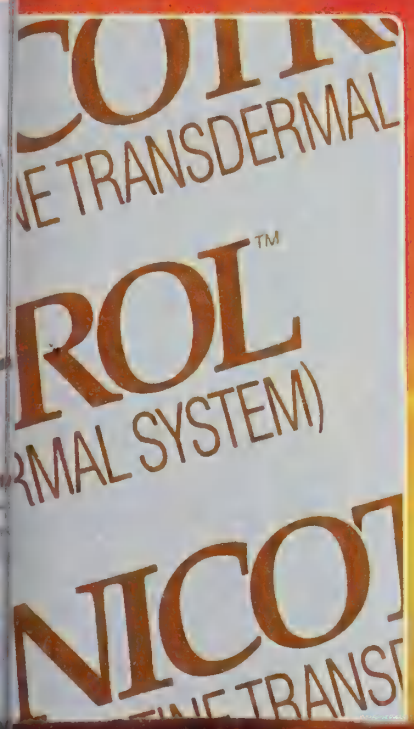
■ **Outlet Malls USA**, A twelve-page listing of 336 outlets in the U.S. and Quebec. Send a $3 check (U.S. funds) to Outlet Malls USA, P.O. Box 3308, Crofton, MD 21114.

■ **Globe Pequot Press Factory Outlet Guides** cover the South, Mid-Atlantic states, New England and the Midwest. Available at your local bookstore.

■ **Great Buys for Kids**, by Sue Goldstein, available through Penguin Books, 375 Hudson Street, NYC 10014; 800-526-0275. ■


INTRODUCI
THE FIRST PATCH AMERIC
ROL™
RMAL SYSTEM)
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™
Because this product, like cigarettes, contains nicotine, you should discuss with your doctor other ways to quit smoking if you are pregnant or nursing (nicotine can harm your baby) or if you have cardiovascular disease. If you are taking any prescription medications or are under a doctor's care for any condition, you should discuss with your doctor the potential risks of using this product. There may be other risks associated with the use of this product. Do not use this product for more than 5 continuous months.

NICOTROL™
YEARS ONLY WHILE AWAKE



The waking-hours patch* that's used as part of a comprehensive behavioral smoking cessation program

When you're ready to become a nonsmoker, ask your doctor about a new patch—NICOTROL. It's available by prescription only and it's proven to help relieve nicotine withdrawal symptoms when used as part of a comprehensive behavioral smoking cessation program. But new NICOTROL is the only patch specifically developed to be worn during your waking hours and then removed at bedtime, so there is no additional delivery of nicotine while you sleep. Plus, only new NICOTROL offers the addition of the Smoke Stoppers® support kit.

Ask your doctor how new NICOTROL can help you achieve your goal and more comfortably become a nonsmoker. For more information, call: 1-800-227-1616. Please see next page for additional important information.

New from Parke-Davis



NICOTROL™
(NICOTINE TRANSDERMAL SYSTEM)

Systemic delivery of 15mg/day over 16 hours

***NICOTROL was specifically developed to be worn only during waking hours and then removed at bedtime.**

Systemic delivery of 15, 10, [illegible] 5 mg/day over 16 hours.
[illegible] prescribing, please see full prescribing information.
[illegible] Summary follows.

INDICATIONS [illegible] USAGE

Nicotrol systems, applied while patients are awake, are indicated as [illegible] an aid to smoking cessation for the relief of nicotine withdrawal symptoms. Nicotrol therapy is recommended for use as part of [illegible] comprehensive behavioral smoking cessation program.

The use of Nicotrol systems beyond [illegible] months has not been studied.

CONTRAINDICATIONS

Use of Nicotrol systems is contraindicated in patients with known hypersensitivity or allergy to nicotine or to any component of Nicotrol transdermal systems.

WARNINGS

Nicotine from any source can be toxic and addictive. Smoking causes lung cancer, heart disease, emphysema, and may adversely affect the fetus and the pregnant woman. For any smoker, with or without concomitant disease or pregnancy, the risk of nicotine replacement in a smoking cessation program should be weighed against the hazard of continued smoking while using Nicotrol systems and the likelihood of achieving cessation of smoking without nicotine replacement.

Pregnancy, Warning—Tobacco smoke, which has been shown to be harmful to the fetus, contains nicotine, hydrogen cyanide, and carbon monoxide. Nicotine has been shown in animal studies to cause fetal harm. It is therefore presumed that Nicotrol systems can cause fetal harm when administered to a pregnant woman. The effect of nicotine delivery by Nicotrol systems has not been examined in pregnancy (see PRECAUTIONS). Therefore, pregnant smokers should be encouraged to attempt cessation using educational and behavioral interventions before using pharmacological approaches. If Nicotrol therapy is used during pregnancy, or if the patient becomes pregnant while using Nicotrol systems, the patient should be apprised of the potential hazard to the fetus.

Safety Note Concerning Children—The amounts of nicotine that are tolerated by adult smokers can produce symptoms of poisoning and could prove fatal if a Nicotrol system is applied or ingested by children or pets. Used 15 mg/day systems contain about 40% (10 mg) of its initial drug content. Therefore, patients should be cautioned to keep both the used and unused Nicotrol systems out of the reach of children and pets.

PRECAUTIONS

The patient should be urged to stop smoking completely when initiating Nicotrol therapy (see DOSAGE AND ADMINISTRATION). Patients should be informed that if they continue to smoke while using Nicotrol systems, they may experience adverse effects due to peak nicotine levels higher than those experienced from smoking alone. If there is [illegible] clinically significant increase in cardiovascular or other effects attributable to nicotine, the treatment should [illegible] discontinued (see WARNINGS). Physicians should anticipate that concomitant medications may need dosage adjustment (see Drug Interactions).

Use of Nicotrol systems beyond 5 months by patients who stop smoking should be discouraged because the chronic consumption of nicotine by any route can be harmful and addicting.

Allergic Reactions—In [illegible] 3-week open-label dermal irritation and sensitization study of Nicotrol systems applied 23 hours per day, 3 of 215 patients (1.4%) exhibited definite erythema at 24 hours after application. Upon rechallenge, none of the subjects exhibited any contact allergy. In the efficacy trials erythema following system removal [illegible] typically seen in 7% of patients, edema was seen in 3%, and dropouts due to skin reactions were reported in 1% of patients. Severe skin reactions were not observed in either of the trials.

Patients who exhibit contact sensitization should be cautioned that [illegible] serious reaction could occur from [illegible] to other nicotine-containing products or smoking.

Patients should be instructed to discontinue promptly the use of Nicotrol systems and contact their physicians in the case of severe or persistent local skin reactions at the site of application (e.g., severe erythema, pruritus, or edema) or [illegible] generalized skin reaction (e.g., urticaria, hives, or generalized rashes).

Skin Disease—The Nicotrol system is usually well tolerated by patients with normal skin, but may be irritating for patients with some skin disorders (psoriasis, atopic or eczematous dermatitis).

Cardiovascular or Peripheral Vascular Diseases—The risks of nicotine replacement in patients with certain cardiovascular and peripheral vascular diseases should be weighed against the benefits of including nicotine replacement in a smoking cessation program for them. Specifically, patients with coronary heart disease (history of myocardial infarction and/or angina pectoris), serious cardiac arrhythmias, or vasospastic diseases (Buerger's disease, Prinzmetal's variant angina) should be carefully screened and evaluated before nicotine replacement is prescribed.

Tachycardia occurring in association with the use of Nicotrol therapy was reported occasionally. If serious cardiovascular symptoms occur with the use of Nicotrol systems, the therapy should be discontinued.

Nicotrol therapy should generally not be used in patients during the immediate post-myocardial infarction period or in patients with serious arrhythmias or with [illegible] or worsening angina pectoris.

Renal or Hepatic Insufficiency—The pharmacokinetics of nicotine have not been studied in the elderly or in patients with renal or hepatic impairment. However, given that nicotine is extensively metabolized and that its total system clearance is dependent on liver blood flow, some influence of hepatic impairment on drug kinetics (reduced clearance) should be anticipated. Only severe renal impairment would be expected to affect the clearance of nicotine or its metabolites from the circulation (see Pharmacokinetics in full prescribing information).

Endocrine Diseases—Nicotrol therapy should be used with caution in patients with hyperthyroidism, pheochromocytoma, or insulin-dependent diabetes, since nicotine causes the release of catecholamines by the adrenal medulla.

Peptic Ulcer Disease—Nicotine delays healing in peptic ulcer disease; therefore, Nicotrol therapy should be used with caution in patients with active peptic ulcers and only when the benefits of including nicotine replacement in a smoking cessation program outweigh the risks.

Accelerated Hypertension—Nicotine therapy constitutes a risk factor for development of malignant hypertension in patients with accelerated hypertension; therefore, Nicotrol therapy should be used with caution in these patients and only when the benefits of including nicotine replacement in a smoking cessation program outweigh the risks.

Information for Patient—A patient instruction sheet is included in the package of Nicotrol systems dispensed to the patient. It contains important information and instructions on how to use and dispose of Nicotrol systems properly. Patients should be encouraged to ask questions of the physician and pharmacist.

Patients must be advised [illegible] keep both used and unused systems out of the reach of children and pets.

Drug Interactions—Smoking cessation, with or without nicotine replacement, may alter the pharmacokinetics of certain concomitant medications.

May Require a Decrease in Dose [illegible]

Cessation of Smoking	Possible Mechanism
Acetaminophen, caffeine, imipramine, oxazepam, pentazocine, propranolol, theophylline	Deinduction of hepatic enzymes on smoking cessation.
Insulin	Increase of subcutaneous insulin absorption with smoking cessation.
Adrenergic antagonists (e.g., prazosin, labetalol)	Decrease in circulating catecholamines with smoking cessation.

May Require an Increase in Dose at Cessation of Smoking

	Possible Mechanism
Adrenergic agonists (e.g., isoproterenol, phenylephrine)	Decrease in circulating catecholamines with smoking cessation.

Carcinogenesis, Mutagenesis, Impairment of Fertility—Nicotine itself does not appear to be a carcinogen in laboratory animals. However, nicotine and its metabolites increased the incidences of tumors in the cheek pouches of hamsters and forestomach [illegible] F344 rats, respectively, when given in combination with tumor-initiators. One study, which could not be replicated, suggested that cotinine, the primary metabolite of nicotine, may cause lymphoreticular sarcoma in the large intestine in rats.

Neither nicotine nor cotinine [illegible] mutagenic in the Ames *Salmonella* test. Nicotine induced repairable DNA damage in an *E. coli* test system. Nicotine [illegible] shown to [illegible] genotoxic in a test system using Chinese hamster ovary cells. In rats and rabbits, implantation can be delayed or inhibited by a reduction in DNA synthesis that appears to be caused by nicotine. Studies have shown a decrease in litter size in rats treated with nicotine during gestation.

PREGNANCY—Pregnancy Category D (see WARNINGS section).

The harmful effects of cigarette smoking on maternal and fetal health [illegible] clearly established. These include low birth weight, an increased risk of spontaneous abortion, and increased perinatal mortality. The specific effects of Nicotrol therapy on fetal development [illegible] unknown. Therefore, pregnant smokers should be encouraged to attempt cessation using educational and behavioral interventions before using pharmacological approaches.

Spontaneous abortion during nicotine replacement therapy has been reported; as with smoking, nicotine [illegible] contributing factor cannot be excluded.

Nicotrol systems should be used during pregnancy only if the likelihood of smoking cessation justifies the potential risk [illegible] using Nicotrol systems by the pregnant patient, who might continue to smoke.

Teratogenicity—*Animal Studies:* Nicotine was shown to produce skeletal abnormalities in the offspring of mice when given doses toxic to the dams (25 mg/kg IP or SC).

Human Studies: Nicotine teratogenicity has not been studied in humans except as a component of cigarette smoke (each cigarette smoked delivers about 1 mg of nicotine). It has not been possible to conclude whether cigarette smoking is teratogenic to humans.

Other Effects—*Animal Studies:* A nicotine bolus (up to 2 mg/kg) to pregnant rhesus monkeys caused acidosis, hypercarbia, and hypotension (fetal and maternal concentrations were about 20 times those achieved after smoking one cigarette in 5 minutes). Fetal breathing movements were reduced in the fetal lamb after intravenous injection of 0.25 mg/kg nicotine to the [illegible] (equivalent to smoking 1 cigarette every 20 seconds for 5 minutes). Uterine blood flow was reduced about 30% after infusion of 0.1 µg/kg/min nicotine to pregnant rhesus monkeys (equivalent to smoking about six cigarettes every minute for 20 minutes).

Human Experience: Cigarette smoking during pregnancy is associated with an increased risk of spontaneous abortion, low birth weight infants, and perinatal mortality. Nicotine and carbon monoxide [illegible] considered the most likely mediators of these outcomes. The effects of cigarette smoking on fetal cardiovascular parameters have been studied near term. Cigarettes increased fetal aortic blood flow and heart rate and decreased uterine blood flow and fetal breathing movements. Nicotrol systems have not been tested in pregnant women.

Labor and Delivery—Nicotrol systems [illegible] not recommended for use during labor and delivery. The effects of nicotine on a mother or the fetus during labor is unknown.

Use In Nursing Mothers—Caution should be exercised when Nicotrol systems are administered to nursing women. The safety of Nicotrol therapy in nursing infants has not been examined. Nicotine passes freely into breast milk; the milk to plasma ratio averages 2.9. Nicotine is absorbed orally. An infant has the ability to clear nicotine by hepatic first pass clearance; however the efficiency of removal is probably lowest at birth. Nicotine concentrations in milk can be expected to be lower with Nicotrol systems when used while awake than with cigarette smoking, as maternal plasma nicotine concentrations are generally reduced with nicotine replacement. The risk of exposure of the infant to nicotine from Nicotrol therapy should be weighed against the risks associated with the infant's exposure to nicotine from continued smoking by the mother (passive smoke exposure and contamination of breast milk with other components of tobacco smoke) and from Nicotrol therapy alone or in combination with continued smoking.

Pediatric Use—Nicotrol therapy is not recommended for use in children because the safety and effectiveness of Nicotrol therapy in children and adolescents who smoke have not been evaluated.

Geriatric Use—Seventy-nine patients over the age of 60 participated in clinical trials of Nicotrol therapy. Nicotrol therapy appeared to be as effective in this age group as in younger smokers.

ADVERSE REACTIONS

Assessment of adverse events in the 509 subjects who participated in controlled clinical trials is complicated by the occurrence of GI and CNS effects of nicotine withdrawal as well as nicotine excess. The actual incidences of both are confounded by the smoking of many patients. When reporting adverse events in the trials the investigators did not attempt to identify the cause of the symptom. No serious adverse events were reported during the trials.

Topical Adverse Events—The most common adverse event associated with topical nicotine is [illegible] mild and short lived erythema, pruritus, or burning at the application site, which was seen at least once in 47% of patients on Nicotrol systems in the efficacy trials. Local erythema after system removal was noted at least once in 7% of patients and local edema in 3%. Erythema generally resolved within 24 hours. About 1% of patients dropped out of clinical trials due to skin reactions; none had classical contact sensitization (see PRECAUTIONS, Allergic Reactions).

In the clinical trials performed (one Danish and one U.S. clinic), fewer total patients were used than in trials of other nicotine transdermal systems, and fewer adverse reactions were reported than in U.S. trials with other systems achieving comparable blood levels. Therefore, the systemic adverse event rates in the two sections below are based in part on 1200 patients treated with systems delivering comparable rates of nicotine per hour.

Probably Causally Related—The following adverse events are believed related to Nicotrol treatment based on experience in clinical trials.

Nervous system: Dizziness*
Musculoskeletal system: Arthralgia†
Skin and appendages: Rash,† sweating†
*reported in 3% to 9% of patients.
†reported in 1% to 3% of patients.
Complaints occurring in fewer than 1% are not listed.

Causal Relationship UNKNOWN—Adverse events reported in active- and placebo-treated patients at about the same frequency in clinical trials [illegible] listed below. The clinical significance of the association between Nicotrol treatment and the following events is unknown, but they are reported as alerting information for the clinician.

Body as a whole: Back pain,† pain†
Digestive system: Abdominal pain,† constipation,* diarrhea,† dyspepsia,† flatulence,† nausea,* vomiting†
Musculoskeletal system: Myalgia†
Nervous system: Concentration impairment,† depression,† headache,* insomnia,† nervousness†
Respiratory system: Cough increased,† sinusitis†
Special senses: Taste perversion†
Urogenital system: Dysmenorrhea†
*reported in 3% to 9% of patients.
†reported in 1% to 3% of patients.
Complaints occurring in fewer than 1% are not listed.

DRUG ABUSE AND DEPENDENCE/OVERDOSAGE

For further information, please see full prescribing information.

DOSAGE AND ADMINISTRATION

Patients must desire to stop smoking and should be instructed to *stop smoking immediately* as they begin using Nicotrol therapy during waking hours. The patient should read the patient instruction sheet on Nicotrol therapy and be encouraged to ask any questions. Treatment should be initiated with the Nicotrol 15 mg/day system. The patients should continue the treatment (one system each day) for 4-12 weeks of therapy. The patient should stop smoking cigarettes completely during this period. If the patient is unable to stop cigarette smoking within 4 weeks, Nicotrol therapy should be stopped, since few additional patients in clinical trials were able to abstain after this time.

Recommended Dosing Schedule

Dose	Duration
Nicotrol 15 mg/day	First 12 weeks
Nicotrol 10 mg/day	Next 2 weeks[a]
Nicotrol 5 mg/day	Last 2 weeks[b]

[a] Patients who have successfully abstained from smoking should have their dose of nicotine reduced after each 2-4 weeks of treatment until the Nicotrol 5 mg/day dose has been used for 2-4 weeks.
[b] The entire course of nicotine substitution and gradual withdrawal should take 14-20 weeks. The use of Nicotrol therapy beyond 5 months has not been studied.

The Nicotrol system should be applied promptly upon its removal from the protective pouch [illegible] prevent loss of nicotine from the system. The Nicotrol system should be used only when the pouch is intact to [illegible] the product has not been tampered with.

A Nicotrol system should be applied only once a day to a non-hairy, clean, and dry skin site on the upper arm or the hip. Each day a Nicotrol system should be applied upon waking and removed at bedtime.

Caution—Federal law prohibits dispensing without prescription.

Product information as of March 5, 1992 9854G010

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The "'68 Comeback Special." An Ardleigh-Elliott Legend™ music box. A handnumbered edition of 150 firing days. Yours... for *your* moments alone with the King. Quantities limited. TCB now.

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(Miss) (Ms.)

(Please circle one) Name (Please print clearly)

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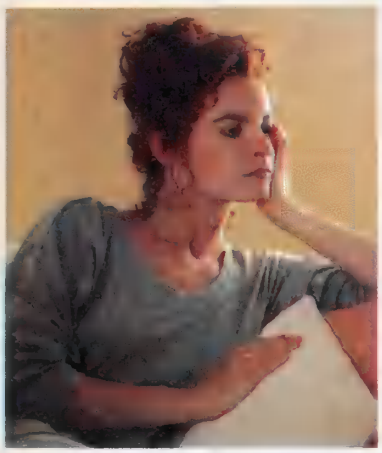
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ELB-100RH

73451-E88001

REDEFINING THE BLUES

It has long been thought that major depression, a mental illness caused predominantly by an imbalance of brain chemicals, overwhelmingly affects women. But a new study at Johns Hopkins Medical Institute, in Baltimore, Maryland, suggests that men



may be just as likely to suffer from the condition. However, the twelve-year study of 810 people revealed that women are ten times more likely to be affected by non-major depression, a disorder typically brought on by severe emotional stress from events such as divorce.

What's the reason for this alarmingly high ratio? According to Alan J. Romanowski, M.D., assistant professor of psychiatry and behavioral sciences, it may be that women are predisposed to some psychological disorders because of genetics or hormones. "Or," Romanowski says, "the disparity could reflect social factors—the increased burden and lack of support women have, compared to men."

Romanowski and his colleagues also found that many depression patients may not be getting appropriate treatment. Because major depression can also be influenced by difficult life events, people who have it usually need psychotherapy in addition to the antidepressants commonly used. And people who seek help for non-major depression may need to be evaluated by a psychiatrist to determine if they need medication.

—CHERYL J. PRINCE

PRETTY POISON

Botulinum toxin causes a serious, often fatal paralysis when it contaminates food. However, research now shows that minute doses of the toxin—called botox—may also work as a quick, inexpensive treatment for facial wrinkles.

This isn't the first unusual use doctors have discovered for the substance: Over the past several years they've found that botox injected into muscles around the eyes eases spasmodic conditions such as blepharospasm and strabismus. It's also an effective therapy for abnormal contractions or tics in the face, neck or limbs, and may ease stuttering as well, notes Mitchell Brin, M.D., of Columbia Presbyterian Medical Center, in New York. It was during treatment for these disorders that researchers noticed the botox also smoothed out the patients' facial wrinkles, according to Columbia's Andrew Blitzer, M.D.

Unlike wrinkle "fillers" such as silicone and collagen, which can distort the face, botox weakens underlying muscles that can cause creases by tugging on the skin. Treatments are needed every four to six months, but after repeated injections, benefits may last longer. A study of more than a hundred patients at medical centers across the U.S. is now in progress to determine correct dosages and how to correct excessive local muscle weakness, a side effect seen in previous trials. —C.J.P.

New treatment for a vaginal infection

Until now, the only remedy for bacterial vaginosis (BV), one of the most common vaginal infections, has been linked with an unwelcome side effect: nausea. (The condition, signaled by a gray, fishy-smelling discharge, is treated with the oral antibiotic metronidazole.)

To solve that problem, says James A. McGregor, M.D., professor of obstetrics and gynecology at the University of Colorado, in Boulder, the Food and Drug Administration has just approved a gel form of the drug that is inserted vaginally and, therefore, averts stomach upset.

Unlike treatments for yeast infections, the gel will probably not become available over the counter, because BV is harder to diagnose and can have more serious consequences, including pelvic inflammatory disease. —JOAN LIPPERT

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WOMEN'S HEALTH NEWS

Monistat® 7 is now available with new disposable applicators.

ick four women. Your best iend. Your realtor. Your ss. Joan of Arc. Statistics y that three out of four of em have suffered from a minine yeast infection. nances are, you have too.

What causes it? Some ame stress, even good ress. A pregnancy, a promo- n, a move to a bigger, better use. Others point a finger at e very activities one does maintain a healthy body. erobics in a skin-tight otard. Lingering in a wet thing suit after a vigorous im. What is known for sure that there is an overgrowth naturally occurring fungi in e vagina. This imbalance sults in the itching, burning id discharge commonly sociated yeast fections.

DISPOSABLE PPLICATORS TO THE RESCUE

ne good news is that yeast fections are now a lot more nvenient to cure. Monistat 7 w comes with seven ultra- im disposable applicators. nis eliminates the need for ashing the applicator after ch use.

e only as directed. ©OPC 1992



"I'll never wash another applicator."

Listen to one woman's story:

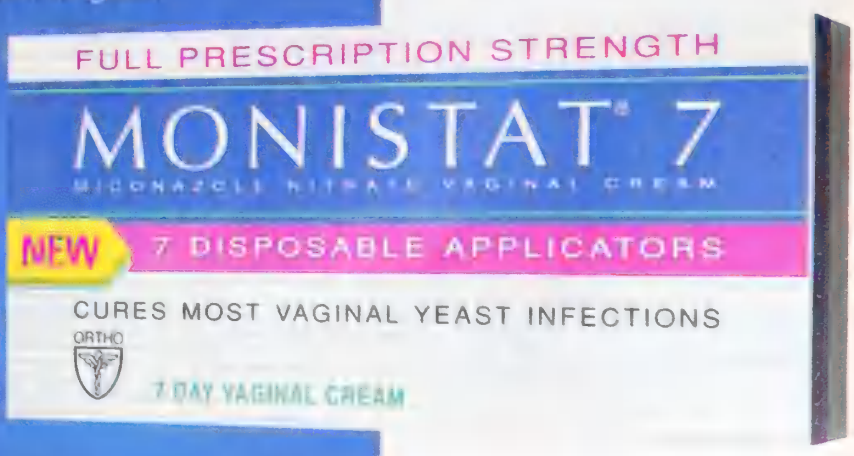
"When you get as many yeast infections as I do, you can get tired of washing out the applicator. But no more. Now I use Monistat 7 with seven disposable applicators. My yeast infections may come and go, but washing out the applicator is gone for good."

HOW DO I KNOW IF IT'S A YEAST INFECTION?

If you have to ask, see your doctor. But if it's your second, third, or tenth yeast infection, no doubt you'll be able to recognize the symptoms. Either way, you'll probably need an antifungal cure.

TRUST THE CURE YOU KNOW

- **More doctors recommend Monistat 7.**
- **More women choose Monistat 7 for themselves.**
- **More yeast infections are cured by Monistat 7 than any other treatment.**







EVERYTHING YOU LOVE IN A SOUP

Here's a soup that gives you more of what you love. More flavor from lean meats, crisp vegetables, and hearty broths. More home-simmered taste from our own savory blend of seasonings but with less fat and less salt.

Ready to serve soup	Fat (g)	% Calories from fat	Sodium (mg)
Healthy Choice®	**2**	**16%**	**524**
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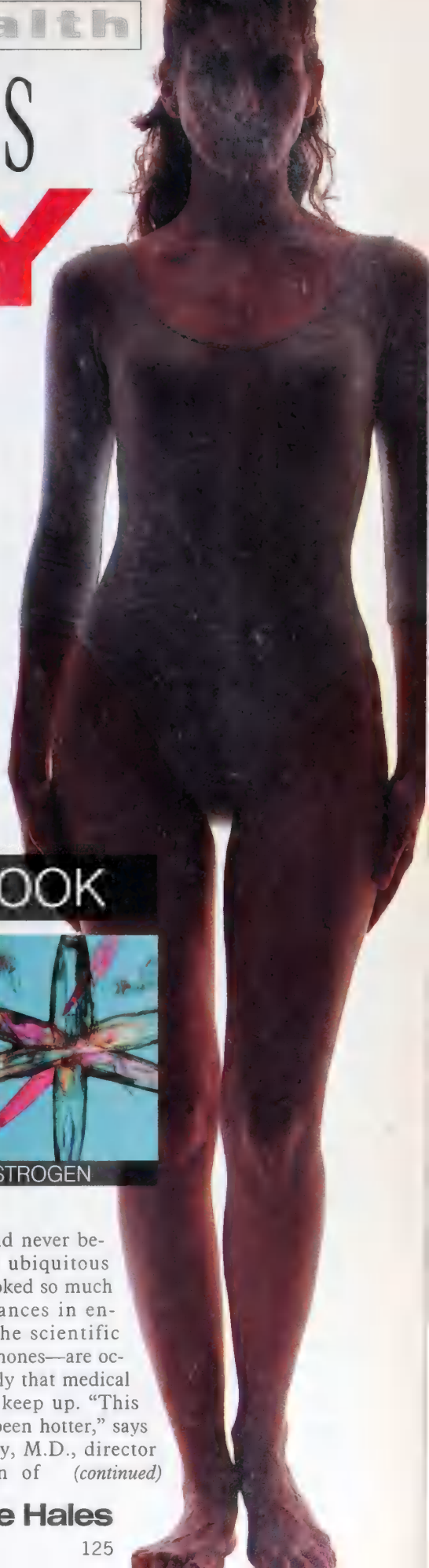


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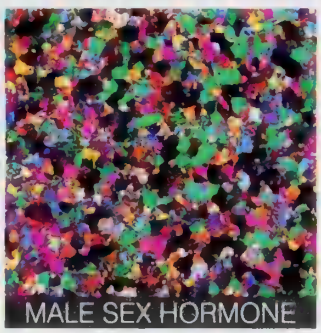
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THE HORMONE HANDBOOK



MALE SEX HORMONE



PROGESTERONE

ESTROGEN

Hormones, among the most mysterious and powerful substances known to science, have a lifelong effect on us. Before birth, they sculpt our bodies and brains. In childhood, they stimulate growth and development. From puberty on, they usher us through the intricate changes of menstruation, pregnancy and menopause. At every age and every stage, they influence metabolism, mood, appetite, arousal and energy.

The word hormone comes from the Greek for "stir up," and never before have these ubiquitous substances provoked so much attention. Advances in endocrinology—the scientific study of all hormones—are occurring so quickly that medical textbooks can't keep up. "This field has never been hotter," says James C. Nelbey, M.D., director of the division of *(continued)*

By Dianne Hales

(continued) endocrinology and metabolism at Boston University.

Within ten to fifteen years, some experts predict, hormone research will lead to a far greater understanding of how the immune system is activated and how cancers might start.



The inside story

Researchers are aware of more than two hundred hormones produced by glands and organs throughout the body (see "Hormone lexicon," below). Some of these chemicals, made of protein, are stored within the cells of the glands that produce them, such as the pituitary or thyroid. Others, called steroids, are not warehoused; when required by the body, they're manufactured from cholesterol in the blood by the adrenals, gonads and other glands.

Regardless of where they're made or what they're made of, hormones govern virtually every bodily function. Insulin, secreted by the pancreas, regulates the amount of sugar, or glucose, in the blood. Many digestive hormones direct the processing of nutrients by the intestines. In pregnancy, relaxin softens the cervix before birth, while prolactin stimulates production of breast milk. After birth, oxytocin stimulates the breast to eject milk in nursing and lives up to its name as the "cuddling hormone" by fostering nurturing behavior.

All hormones work together so closely and in such intricate ways that scientists still don't understand exactly how they overlap or complement each other. Because of these complex interconnections, an imbalance of any one hormone can affect many parts of the body. In the past, hormonal problems often were difficult to detect. Now, thanks to advances in testing, "we can diagnose even slight abnormalities in hormone production with pinpoint precision," says William Crowley, M.D., director of the National Center for Infertility Research at Massachusetts General Hospital. "Yet, when it comes to causes, we're still in the Dark Ages. And while we have many effective therapies, we don't have perfect, directed treatments. But we're on our way."

Such optimism stems from recent research into hormone receptors found either atop or within cells. As hormones travel through the bloodstream, they attach to receptors, designed to attract them, on the surface of or inside target cells. This link-up activates a series of reactions that triggers the actions regulated by specific hormones or genes.

New insights into the role of receptors already have led to innovative treatments for breast cancer, which can grow more aggressively if a tumor has receptors for estrogen or progesterone. The drug tamoxifen, for instance, stops estrogen from hooking *(continued)*

HORMONE LEXICON

THE ENDOCRINE SYSTEM—AN INTERNAL NETWORK OF HORMONE-PRODUCING GLANDS—AFFECTS HOW WE FEEL, HOW WE FUNCTION AND EVEN HOW WE LOOK FROM BIRTH TO DEATH. ALTHOUGH THESE GLANDS ARE AMONG THE SMALLEST PARTS OF THE BODY, THEY ALSO ARE SOME OF THE MOST IMPORTANT:

■ Adrenal glands
Perched atop each kidney, the adrenals produce hormones that control our response to stress. Other hormones, made in the part of the adrenals called the cortex, fight inflammation and help control blood-sugar and mineral levels.

■ Digestive system
The gastrointestinal tract, including the stomach and intestines, produces hormones that break down food and allow the body to absorb essential nutrients.

■ Gonads
Hormones furnished by the sex organs—the ovaries in women, which produce estrogen and progesterone; the testes in men, which produce testosterone and other androgens—are responsible for sexual characteristics and reproduction.

■ Hypothalamus
Actually a part of the brain, the hypothalamus conducts the ebb and flow of hormones and transmits messages to and from every part of the body. It also controls blood pressure, heart rate, body temperature and other essential involuntary functions.

■ Kidneys
In addition to excreting the waste products of metabolism, the kidneys produce hormones that maintain normal blood pressure and regulate production of red blood cells.

■ Pancreas
In addition to secreting digestive enzymes, the pancreas produces such hormones as insulin and glucagon, which regulate blood-glucose levels.

■ Parathyroid glands
These four small glands produce parathyroid hormone, which regulates calcium levels in the blood.

■ Pineal gland
A pea-sized section of the brain, this tiny gland works with the pituitary in regulating reproduction, growth, body temperature, blood pressure, motor activity, sleep and mood. Affected by the amount of light received through the retina of the eye, the pineal, which produces melatonin, a sedative-like hormone, plays a role in jet lag and winter depression.

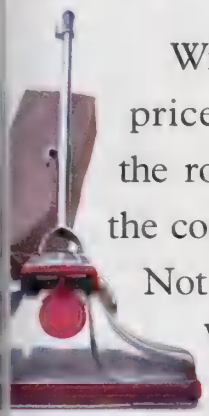
■ Pituitary gland
Located in the central lower portion of the brain, this master gland turns the other endocrine glands on and off. The pituitary manufactures at least eight essential hormones, including growth hormone.

■ Prostaglandins
These hormones, produced from a type of fat found in foods, are active in many parts of the body, including the kidneys, uterus and joints, and control many reactions, including menstruation, clotting and labor.

■ Thymus gland
Located just below the thyroid, the thymus, scientists believe, plays a major role in the functioning of the immune system.

■ Thyroid gland
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(continued) up with receptors and stimulating cancerous growth.

It's expected that future advances will alleviate a host of disorders. Here's the latest on some of the hottest hormones.

Switching off the reproductive system

In recent years, scientists have discovered that reproduction begins in the brain's pituitary gland, with production of gonadotropin-releasing hormone (GnRH). Each month, a surge of GnRH sets into motion the steps that lead to ovulation and conception, or menstruation.

Doctors are now administering pulses, or intermittent bursts, of GnRH analogues (equivalents) to trigger ovulation in women who do not ovulate normally. It's also been found that GnRH, given in long-acting doses, produces the opposite effect and blocks ovulation and estrogen production. This discovery has led to new therapies for various problems that estrogen causes or exacerbates. For example, GnRH analogues can shrink fibroids (benign growths in the uterus) by 30 to 50 percent, making removal safer and sometimes eliminating the need for an operation altogether.

And in endometriosis (in which uterine cells implant themselves in other parts of a woman's body), four to six months of treatment with GnRH analogues have been "dramatically successful," Crowley reports, in relieving pain, and somewhat successful in eradicating misplaced implants of uterine tissue and restoring fertility. They've also proved effective in treating migraine headaches that occur during or before a woman's period, extremely heavy menstruation and polycystic ovarian disease (characterized by failure to menstruate or unpredictable periods, infertility, acne and an unusual amount of facial hair). Cancer specialists someti use these compounds to stop estrogen production in pati with certain malignancies, such as those of the breast.

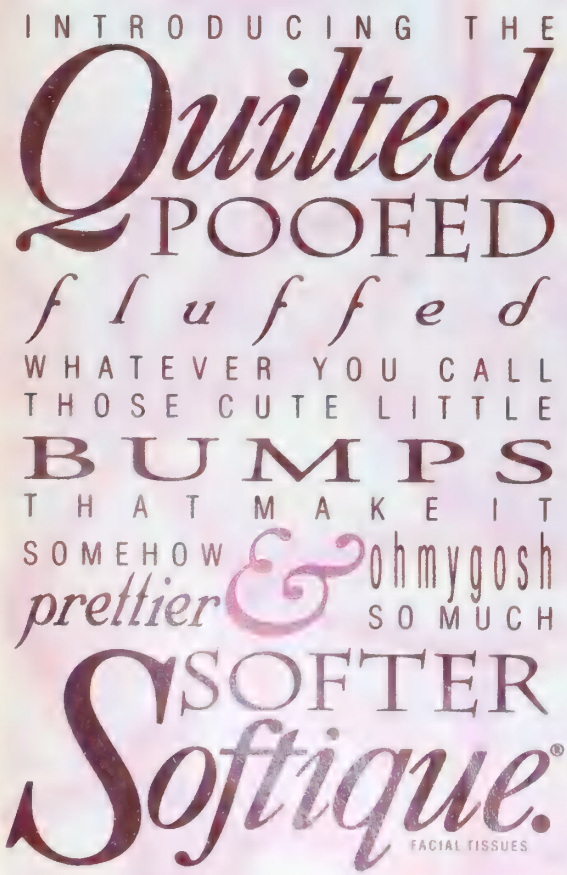
However, GnRH analogues do have disadvantages. O they must be given by daily or monthly injections or n spray. And because they block estrogen, they can prod menopause-like symptoms. To counteract this, Russell M nak, M.D., director of the Center for Reproductive Medi and Surgery at the Methodist Hospital/Baylor Colleg Medicine, in Houston, says, "We add back estrogen and gesterone in very small amounts that don't interfere with basic inhibition of estrogen but prevent most side effects."

PMS and the brain

Premenstrual Syndrome (PMS)—marked by symptoms s as bloating, breast tenderness, fatigue, lethargy and irrital ty—causes extreme discomfort for some women in the w before menstruation. For years, scientists, searching f cause and a cure, investigated the reproductive hormo with no success.

But recently, reproductive endocrinologist C. Jai Chuong, M.D., director of the PMS program at Baylor C lege of Medicine, monitored the brain hormone beta-en phin, a natural painkiller and mood booster, during menstrual cycle and discovered that 70 percent of wor with PMS experience a rise in endorphin levels at mid-cy followed by a sharp fall before their periods. "We hypo sized that if we could keep endorphin levels constant, could prevent PMS symptoms," Chuong says.

In clinical studies, women with PMS took a drug ca Trexan, which blocks endorphin from binding with



ceptors. Of the twenty women studied, urteen experienced great relief of psy- ological and physical symptoms. Re- arch on Trexan as a potential PMS erapy is continuing.

irowth hormone

rowth hormone–releasing hormone H-RH) and human growth hormone roduced in the hypothalamus and pitu- ary) cause the liver and other tissues to ake hormones called somatomedins at directly stimulate growth. As a result therapies based on GH-RH and human owth hormone, thousands of children, imarily those with an inherited form of arfism, can be helped.

In the future, growth hormone may also important to adults. In one study of twelve elderly men at the edical College of Wisconsin, six months of growth-hormone erapy changed body composition, increased muscle mass and wered weight. While the treatment continued, it turned back e clock by a decade or two. But scientists do not yet know how uch promise—or how many perils—long-term therapy for ults might hold.

tress and immunity

ne so-called stress hormones—adrenocorticotropic hormone CTH), cortisol, epinephrine (adrenaline), norepinephrine d dopamine—prepare our bodies for quick action by in- easing blood pressure, sending more blood to the muscles,



In the future, growth hormone may help adults

and stimulating mental and physical energy. But with prolonged stress, these hormones harm rather than help: They can suppress growth, increase blood pressure and blood fats, and diminish sex drive and fertility.

Scientists are currently working to understand the profound impact stress hormones such as corticotropin-releasing hormone (identified only a few years ago) and alpha one thymosin have on the immune system. In clinical trials, synthetic thymosin brought about marked improvement in 75 percent of patients with chronic active hepatitis B, a potentially deadly liver infection.

The menopause dilemma

A generation ago, the birth control pill revolutionized women's reproductive years. Today, another type of hormone therapy could have an equally dramatic impact on the second half of women's lives.

A lack of estrogen begins to make *(continued on page 132)*





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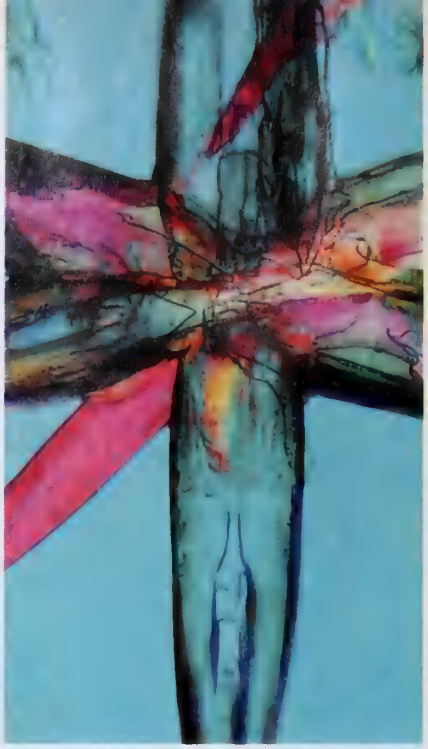
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(continued from page 129) itself felt during perimenopause—the time from a woman's first irregular cycles to her last menstrual period. As the hormone dwindles, it can affect many aspects of a woman's health, from her mouth (where dryness, unusual tastes, burning and gum problems can develop) to her skin (which may become thinner, drier, itchier and extremely sensitive to touch or pressure). Problems falling asleep are common. Some women wake in the night feeling feverish or chilled because of hot flashes, which can start five to ten years before menopause. In part because of sleep loss, they may feel foggier, less sharp, with less reliable memories.

Premenstrual symptoms may develop for the first time, intensify or simply fade away. And, with less estrogen to block them, a woman's androgens may have a greater impact, causing acne, hair loss and, according to some anecdotal reports, surges in sexual appetite. (Other women report a drop in sexual desire.)

At the same time, a woman's clitoris, vulva and vaginal lining begin to shrivel, often resulting in pain or bleeding during intercourse. Since the thinner genital tissues are less effective in keeping out bacteria and other germs, urinary tract infections may become more common. Other changes are far more treacherous. Beginning at thirty-five, women stop building bone and actually begin losing minute amounts of bone-mineral density.



Doctors are wary of "medicalizing" the change

There is no approved treatment for perimenopausal problems, but increasingly, gynecologists are recommending estrogen for perimenopausal women—the type used in birth control pills, rather than the less-potent form used for hormone replacement. "Low-dose combination birth control pills are an effective way of dealing with a woman's concern about getting pregnant in her forties as well as hot flashes, irregular bleeding or heavy periods," says Malinak. "As long as she's a nonsmoker and doesn't have risk factors for cardiovascular disease, a woman can continue taking oral contraceptives until she reaches menopause."

Menopause, defined as the complete cessation of menstrual periods for twelve consecutive months, officially arrives, generally at age fifty-one or fifty-two. About 10 to 15 percent of women breeze through this transition with only trivial symptoms, but about the same percentage are virtually disabled. The majority fall somewhere between these extremes. At this time, if she so chooses, a woman can start taking "the menopause pill"—as some physicians refer to various combinations of estrogen—and progestin, a synthetic version of the female hormone progesterone. Currently about 10 to 15 percent of menopausal women try hormone-replacement therapy (HRT), most for about nine months. Some advocates of the treatment feel that percentage is far too low. "It's a national disgrace, because estrogen can emancipate 80 to 90 percent of these women from spending a third of their lives in a deficiency state," says reproductive endocrinologist Joseph Goldzieher, M.D., professor at Baylor College of Medicine.

On the other hand, some healthcare professionals are wary of "medicalizing" a normal physiological transition. "Female replacement hormones may someday be remembered as the most recklessly prescribed and dangerous drugs of this century," warns the *Women's Health Alert,* a national advocacy publication.

The primary arguments for taking estrogen are simple: It enhances the quality of a woman's life by lessening irritating symptoms: it wards off osteoporosis, the bone-thinning disorder that can strike one third to one half of older women; and it also cuts in half the risk of heart disease. But what scares women about estrogen is the possibility that it increases the risk of cancer. After the first enthusiastic use of postmenopausal estrogen in the seventies—in doses considerably higher than today's—uterine-cancer rates rose by five times among users. Since then, researchers have shown that using progestin along with estrogen reduces the danger.

With breast cancer, however, the jury is still out. Many studies show that estrogen is safe, at least if it's used for about five years, but others suggest a somewhat increased risk with long-term use. "The feeling now is that estrogen is safe," says Kimberly Mulvihill, M.D., of California Pacific Medical Center, in San Francisco.

As for progesterone: Until recently, the amounts prescribed in HRT caused women to continue menstruating; as a result, many of them stopped taking the hormones. Doctors are now solving this problem by giving their patients progestin only every few months, or by lowering monthly dosage, says Goldzieher. This also greatly reduces side effects, such as irritability, bloating, depression and lethargy.

While progestin is approved for use in combination birth control pills, none of the dozen forms currently available is specifically approved for menopause. "Progestin is a real wild card," says Diana Petitti, M.D., an epidemiologist at the University of California, San Francisco. "Many scientists fear it may blunt the cardiovascular benefits of estrogen and worsen the risk of breast cancer."

What's more, many of the twenty-five million women marching into mid-life already have taken estrogen—albeit in a different, more active form—in birth control pills for years or even decades. "Long-term use of oral contraceptives appears not to have an effect, good or bad, on the cardiovascular system, but it does seem to be good in terms of preventing ovarian and endometrial cancer," says Petitti. "As for breast cancer, the question is neverendingly controversial." What are the overall benefits and risks of taking estrogen during the postmenopausal as well as the reproductive years? (continued on page 274)



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Timing your life

By Susan Lang



The new science of chronobiology

Ilene reminded her husband and her daughter to take their medications just before going to sleep, because she knew that blood-pressure and asthma drugs often yield the best results when taken at night. And since Ilene was aware that the time of day, the month, the outside temperature, and the season were perfect for conceiving a second child, she set the alarm for early-morning sex.

A critical work project also loomed on Ilene's agenda, but she wasn't worried. She'd learned that practicing her presentation first thing in the morning would help her remember it and that scheduling the real thing for late morning would make her shine. Once Ilene landed the consulting job, she made sure to tackle all the tough analyses by noon and to do routine paperwork in the afternoon. As for a few other details in her life, she planned tennis lessons at five P.M., when her reaction time was keenest, and put off dental work until early evening so she could better tolerate pain.

Unlike most of us, who plot our days according to the artificial clock on the wall, Ilene (an imaginary character) uses chronobiology—the science of daily, monthly and seasonal biological rhythms—to her advantage. Scientists now understand that cycles of light and dark set off complex fluctuations of brain waves, respiration, blood pressure, body temperature and hormones, influencing our moods and when we sleep, eat and perform at our best. The very latest research also shows that these tempos impact our general health and play an intricate role in the prevention and treatment of a wide variety of medical disorders.

Marching to biological rhythms

The body's cyclic ups and downs are driven by an inborn "clock," called the suprachiasmatic nucleus, a cluster of interconnected neurons buried deep in the brain. This mechanism, regulated primarily by light that enters the eyes' retinas, is thought to have evolved in sync with the rhythms of the natural world—the tides, day/night cycles and the seasons.

"Rhythms may vary among women and men, depending on their genetic differences and on outside influences. But an individual's own patterns are remarkably predictable," says Michael Smolensky, Ph.D., director of the Hermann Center for Chronobiology and Chronotherapeutics at the University of Texas, in Houston. This institution, which opened in early 1992, is the country's first medical center devoted to applying the principles of chronobiology to screening, preventing, diagnosing and treating disease.

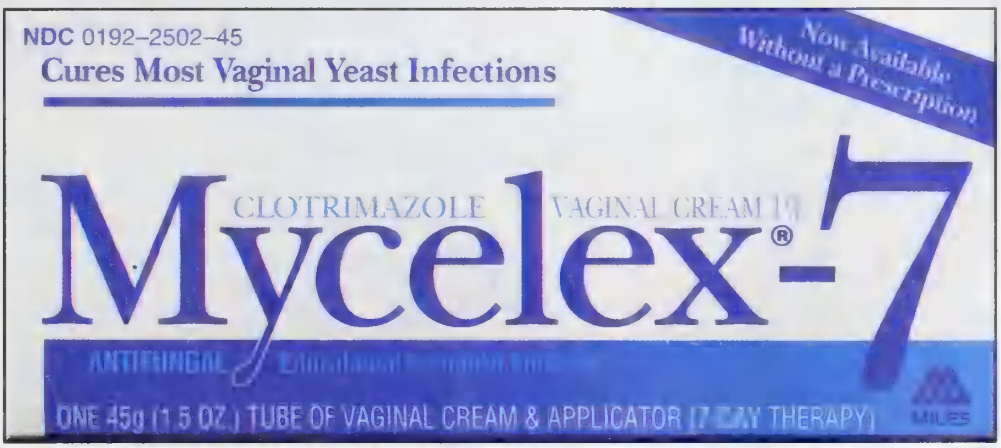
People may be oblivious to all the natural vibrations that color their lives, or they may be very much in tune with them. If you and your mate are more inclined to snuggle in the morning rather than in the evening, that's because the day begins with a surge in sex hormones (men have another surge at night). *(continued)*

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(continued) Alertness and concentration peak in the morning, too, while the ability to memorize facts for s term recall peaks at mid-morning.

Most people experience their brightest mood ar noon, followed by ideal periods for activities involving bility (stretching, dance and yoga) and manual dext (typing, carpentry). Late afternoon is ideal for sports re ing warmed muscles, such as running or aerobics, or in ing grip strength, reaction time and hand-eye coordin (ball and racquet sports). Mental fatigue and a pronene accidents set in during the wee hours of the morning.

"There are cycles for almost every aspect of a human pacity to think and do things," says Timothy Monk, P director of the Human Chronobiology Program at the versity of Pittsburgh School of Medicine. "The natura ference between a peak and low in proficiency can be tw percent—that means a low can be as inhibiting as the e

The force of biologica rhythms can have a profound effect on medical care

of reducing your sleep to three hours the night before."

While this basic pattern may make sense to "larks"— ly risers who are at their best in the morning—some 20 cent of us are "owls" who just begin to gear up w everybody else seems to be winding down for the day. N owls typically function poorly in the morning, excel i evening, and stay up later than most people.

Of course, not all rhythms are daily. Most women ar ly aware of how monthly cycles tinker with appetite an ergy levels. According to Margaret Moline, Ph.I physiologist in psychiatry at New York Hospital–Co Medical Center, some research suggests sexual desi highest at mid-cycle, which bodes well for conception been suspected that men have cycles, too—six-week tional cycles. John, for example, a thirty-eight-year-old tor, swears that every month or so he feels excessi moody, irritable and quick to lose his patience. Du these cranky times, which usually last about four day has to make an extra effort to control his temper.

Some cycles are even longer, stretching into seasonal terns. "Growth rates in kids and conception rates, for e ple, peak in late spring and late fall," says Thomas W M.D., chief of the Clinical Psychobiology Branch of the tional Institute of Mental Health. "Clearly, somethin the biology of humans is biseasonal." Men's testoste levels peak in the fall, according to University of Wes Ontario researchers, which may explain that season's j in conception, though it doesn't explain the spring ju since testosterone is lower at that time of year.

Other cycles are far more fleeting. "Ninety-minute i vals have long been observed in sleep patterns, and w scientists examined daytime *(continued on page*

"And lo, I am with you always . . ." St. Matthew 28:20



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(continued from page 136) rhythms, they found similar cycles in the desire to smoke, snack, take a break, nap, or even to daydream," says Monk. It's because of these cycles that people are unable to maintain high levels of alertness for long periods of time. Researchers have also noted a "post-lunch dip" in alertness, with a greater desire to nap in the early afternoon, evidently stemming from changes in brain chemistry.



Judith Wurtman, Ph.D., a nutritionist and research scientist at the Massachusetts Institute of Technology, has found that a lunch containing both protein and carbohydrates and minimal fat can help counter the post-lunch dip by cueing the brain to produce chemicals such as dopamine and norepinephrine, which promote alertness.

The power to heal

The force of biological tempos can have an even more profound effect when it comes to medical care. No longer a fringe science, chronobiology is being taken seriously by researchers in the diagnosis and treatment of a variety of medical conditions, from winter blues, sleep disorders, ulcers, asthma and allergies to cancer, high blood pressure, autoimmune diseases and heart disease.

As giant strides in medical technology and computers make the monitoring and interpreting of rhythms possible, Germaine Cornelissen, Ph.D., director of chronobiometry at the University of Minnesota, predicts a whole new era in medicine by the turn of the century. (Currently, there are several dozen chronobiology research centers worldwide, over a half dozen of them in the U.S., plus dozens of sleep centers that study and apply the principles of chronobiology.)

This revolution will be as pervasive and powerful as the discoveries of how disease is spread, how humans evolved from apes, and how offspring inherit characteristics from their parents, says William Hrushesky, M.D. professor of medicine and senior attending oncologist at Stratton Veterans Administration Medical Center, in Albany, New York, who uses chronobiology in treating cancer. (continued on page 144)

Night owls gear up while everybody else is winding down

ONE DAY IN THE LIFE

THE BODY'S INTERNAL CLOCK INFLUENCES THE BEST—AND THE WORST—TIMES FOR ALL OUR DAILY ACTIVITIES

BEFORE AWAKENING
Body temperature at lowest, heartbeat slowest

EARLY MORNING
- Calories burned up more readily, less likely to turn to fat
- Minimal effects obtained from muscle training
- High pain tolerance
- Greatest risk of heart attack, stroke
- Hay fever at worst

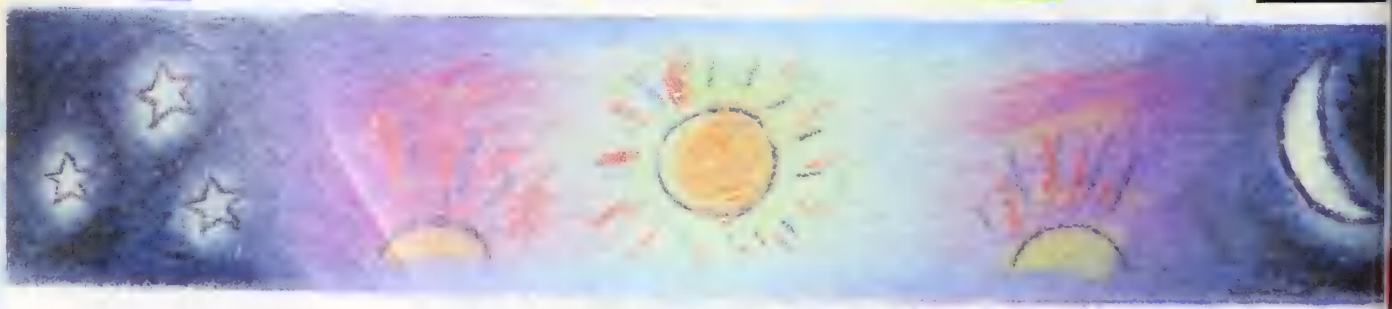
MID-MORNING
- Activity, cheerfulness, concentration peak
- Anxiety, fatigue, hostility at low
- Short-term memory peaks
- Lower-gastrointestinal bleeding most likely to occur in ulcer patients

AFTERNOON
- Mental arithmetic and logic abilities peak
- Vigilance and alertness at high
- Blood pressure, body temperature peak
- Most accurate time to test for allergies

LATE AFTERNOON/ EARLY EVENING
- Best time for athletic training and performance: flexibility at highest, strength greatest, maximum effects reaped from muscle strength training
- Long-term memory and simple repetitive tasks peak
- Cheerfulness, concentration, friendliness decline; anxiety, depression, fatigue, hostility rise
- Pain tolerance greatest (also, in early morning)

EVENING
- Heartburn and ulcer symptoms peak
- Best time to take aspirin, NSAIDs for rheumatoid arthritis, and anti-ulcer medication
- Greatest risk for cerebral hemorrhages

AFTER MIDNIGHT
- Greatest chance of accidents
- Asthma attacks most likely to occur
- Ulcers most likely to flare
- Cholesterol production high



"It's only heartburn, I should learn to live with it.....right?"



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Do you experience these symptoms?	Yes	No
1. Frequent heartburn attacks	☐	☐
2. Frequent use of antacids	☐	☐
3. Heartburn waking me up at night	☐	☐
4. An acid or bitter taste in my mouth	☐	☐
5. Burning sensation in my chest	☐	☐
6. Discomfort after eating spicy foods	☐	☐
7. Difficulty swallowing	☐	☐

If you experience one or more of these symptoms frequently, talk to your doctor. Frequent heartburn may be a sign of a more serious medical problem. Your doctor has treatment plans that can help.

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thick, gritty taste. None.

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Metamucil is made from psyl-
n seed, which can cause allergic
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esult in un-
asant side
cts like gas
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(continued from page 140) "Evidence from many medical fields reveals that the body resonates in a richly complex, yet largely predictable multifrequency time structure that can no longer be ignored," Hrushesky says. By understanding what kinds of rhythmic patterns are normal and how they're regulated, scientists are learning to interpret abnormal patterns to measure high-risk diseases and to take the time of day into account in diagnosing patients and in timing medications, chemotherapy, radiation and even surgery to achieve the greatest impact with the fewest side effects. Some conditions that benefit from chronobiology include:

Seasonal depression

Each winter, some 5 percent of Americans—four times as many women as men—suffer from seasonal affective disorder (SAD). Scientists suspect that it's the lack of light during this season that desynchronizes the body clock and causes sufferers to be lethargic and to overeat and oversleep. According to new studies at the University Hospital at the University of British Columbia (UBC), in Canada, SAD sufferers may have light-insensitive retinas, which reduce the signal that light normally triggers in the brain, says Raymond Lam, M.D., director of the hospital's seasonal mood disorders clinic.



The lack of light in winter may throw off the body clock

UBC researchers have found that bright-white-light therapy (one hundred times brighter than indoor light), thirty minutes a day for two weeks, reduced SAD by 80 to 90 percent in half of the subjects in one group. Bright-light treatment is also proving successful in lowering binge-purge episodes in bulimics. This may be because some bulimics also have SAD, and their eating disorder improves when their mood is lifted. Or it may be that light therapy affects the neurotransmitter serotonin, which regulates mood, sleep and appetite.

Although light therapy can be impractical and expensive, early-morning natural light may do the trick, too. "People with SAD can significantly benefit from getting outside more. Even in winter there's enough light, particularly in the morning, when the eyes seem to be most sensitive, to make a difference," says Janis Anderson, Ph.D., director of the Seasonal Affective Disorders Clinic at Brigham and Women's Hospital, in Boston.

Sleep disorders and jet lag

"Chronobiology's chief and unquestioned importance is most prominent in relation to cycles of sleep and wakefulness," says Charles P. Pollak, M.D., director of the Institute of Chronobiology and head of the Sleep–Wake Disorder Center at the New York Hospital–Cornell Medical Center, in White Plains, New York. "Tens of millions of people in this country complain of sleep problems and an inability to be alert during the day."

These problems seem to be most prevalent among the nine million Americans who work night shifts. It's well documented that the biological clock fails to adjust to night work under ordinary conditions, says Charles Czeisler, M.D., Ph.D., director of the Laboratory for Circadian and Sleep Disorders Medicine at Brigham and Women's Hospital. "Night-shift work schedules are associated with decreased productivity and increased risk of accidents," Czeisler says. "In addition, workers who are alternately expected to work both day and night shifts are at higher risk for cardiovascular, gastrointestinal and reproductive problems, and sleep disorders."

But a solution may be on the horizon. Czeisler's team was the first to successfully reset shift workers' body clocks by exposing them to bright light during their night work and to darkness during the day. This enabled them to fully adjust to night work and day sleep, with significant improvements in alertness and performance on the night-shift hours.

Light or photo therapy also holds promise for helping people who have trouble falling asleep before midnight and for preventing or relieving jet lag. Long-distance travelers can help themselves by getting out or exercising in the morning hours in their new time zone rather than trying to sleep off jet lag. Likewise, night owls who want to adjust their schedule to an earlier bedtime should get out into morning light and avoid bright light in the evening.

Asthma and ulcers

The rhythms of asthma have been among the most studied and are now best understood. The risk of an attack is up to one hundred times greater during the night, when airways become more constricted; therefore, a dose of asthma medicine should be taken before bed. Similarly, since ulcers flare up more often at night, when stomach acid production is in high gear, the best time to take antacids is just before bed.

Cancer

To detect breast cancer early, doctors at the University of Glasgow have tested bralike devices (chronobras) with heat detectors that can monitor breast temperature. After monitoring eight women with normal risk (continued)

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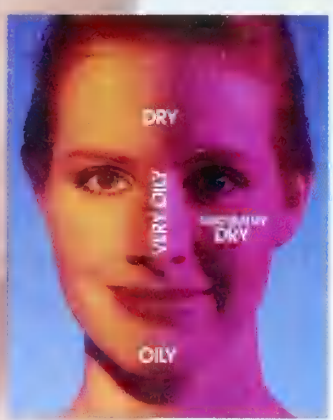
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tinued) and seven women at high risk (who had been viously treated for breast cancer) for two hours each day ng a full menstrual cycle, the researchers found a pat- of warmer breast temperatures among the high-risk nen. Why? It may be because cancer cells have a higher abolism than normal cells, notes Franz Halberg, M.D., "father" of chronobiology and director of the Chronobi- y Laboratory at the University of Minnesota. "Doctors one day be able to use this method to predict high-risk ents or to detect breast cancer in its earlier stages," he . Halberg also points out that certain seasonal fluctua- s of hormones in the blood may also reveal a higher for breast cancer.

iming the administration of anticancer drugs when 're most likely to destroy tumor cells and least likely to ger adverse side effects has so far proved helpful with e twenty drugs in cases of kidney, colorectal, ovarian bladder cancer, says Smolensky. What time is best de- ls on the drug and type of cancer. For example, some ian-cancer patients who received the drug adriamycin ne evening and cisplatin in the morning had to delay

Seasonal fluctuations of hormones may reveal a higher risk for breast cancer

ments four times as often because of debilitating side ts, and they had twice as many complications as wom- ho received adriamycin in the morning and cisplatin e evening.

Chronotherapy not only can reduce the toxicity of anti- er drugs to normal cells, but also reduces cost, because r side effects means fewer hospitalizations," Smolensky New computerized drug pumps, either worn or surgi- implanted, can be programmed to release the potent s at the desired times of day.

long list of drugs (for cancer and other disorders) can lerated and work most efficiently when given at a spe- time," Halberg says. "The current breakthrough is our y to treat when the anticancer drug kills the tumor o withhold treatment when it can poison the patient. ses of ovarian cancer, for example, we've seen remis- when none could have been anticipated in the past."

d Hrushesky has found that breast-cancer patients had surgery prior to or around their periods were four s more likely to suffer a recurrence or die from that r within ten years, compared with women who had ry between days 14 and 21 following the first day of last menstrual period. Also, doctors at Memorial -Kettering Cancer Center, in New York City, and at s Hospital, in London, found that surgery between 14 and 30 was most beneficial, particularly when the r had spread to the lymph nodes. This may be because resence of estrogen early in the menstrual *(continued)*



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(continued) cycle prompts the growth of any cancer cells displaced during surgery. But since these studies were small and were conducted retrospectively (looking back), many physicians view them as inconclusive.

High blood pressure and heart disease

Blood pressure, controlled by hormone cycles, heart rate, emotional status, physical activity and other factors, varies dramatically during the day, peaking in the afternoon. Yet many doctors ignore the time of an exam, and as a result, some patients are undertreated while others are overtreated. Says Halberg, "If treatment is given at the right time, less medication will be needed, and the patient will experience fewer complications. The time, which varies for each individual, can be determined by a twenty-four-hour measurement of the blood pressure."

Body rhythms may also serve someday in the treatment of heart disease: To determine who's at greatest risk of death from a heart attack, researchers at the University of Minnesota analyzed twenty-four-hour electrocardiograms of patients with myocardial infarctions (blockages around the heart) and found specific differences in the charts at the same time of day between those who died of heart attacks and those who survived for the next five years.

Daily doses of aspirin, an anti-inflammatory drug recommended by many physicians to ward off heart disease, are best taken in the late evening. The same is true for ot nonsteroidal anti-inflammatory drugs (NSAIDs), such Advil and Naprosyn. "French studies have shown t when the NSAID indomethacin is taken in the morn patients experience toxic blood levels, more gastrointest and neurological side effects, and fewer beneficial effec says Ronald Portman, M.D., medical director of the F mann Center for Chronobiology and Chronotherapeu "When taken in the evening, however, there were fewer verse effects and the drug had a much better and longe fect." The reason for these variations: factors such as cy in gastric emptying, blood flow to organs and the binc of drugs to blood proteins. All of these affect the abs tion, distribution, metabolism and excretion of drugs. since heart attacks and strokes are most likely to oc within three hours of awakening, appropriate long-las medicine at night best protects against them.

Allergies

Allergy symptoms tend to worsen upon wakening, so ti released medicine at night helps the most. For allergy ing, though, sensitivity is greatest in the evening, with average reaction occurring in the afternoon.

Autoimmune disorders

In a small study of ten women with lupus, a conditio which the immune system attacks the body's tissues, searchers at Louisiana State University Medical Cente

---

Percentage of adults who think they'll never develop gum disease:76

Percentage of adults who will:75

Percentage of gum disease caused by bacterial plaque:95

Percentage of adults who have calcified plaque deposits called tartar:60

Percentage of adults who think tartar has something to do with fish sticks:74

Percentage of adults who are toothless by age 74:38

Percentage of adults who find a toothless smile sexy:0

w Orleans, found that exposure to
e component of ultraviolet light,
'A-1, ten minutes a day, five days
veek for three weeks, helped re-
ve joint pain, fatigue and other
nptoms in nine of the women.
'e found that with continued
atment of one to two exposures a
ek, the women maintained the
ns they made," says rheumatolo-
Hugh McGrath, M.D. Although
Grath says that the mechanisms
olved are not understood, he is
peful that such insight will be
ned as he studies this disease fur-
r and looks at similar light treatments for other autoim-
ne diseases, such as rheumatoid arthritis, next year.

For rheumatoid arthritis, chronobiologists recommend
t aspirin and other anti-inflammatory drugs be taken in
evening to protect against the typical morning flare-up.
dication for osteoarthritis (which is not an autoimmune
ease), on the other hand, is best taken in the morning,
e the disease's pain peaks later in the day.

o the future

the forefront of chronobiology, Halberg is charting
y rhythms of infants and children in order to develop
ronorecords" to predict "chronorisks" for cancer, sud-



Early morning isn't the best time for strenuous exercise; wait until late afternoon

den cardiac arrests, strokes and other disorders. English researchers are exploring how varying levels of certain chemicals in saliva may someday be used to screen for conditions ranging from depression to surgical stress to endocrine cancer.

"We are entering a new era, not only looking at the physical anatomy but also at the body's functions in time," says University of Texas researcher Smolensky. "The implications are unlimited and will make all the difference in the world of medicine." ■

Susan Lang's most recent book is "Women Without Children: The Reasons, the Rewards, the Regrets" (Pharos, 1991).





Why kids take crazy risks

Convinced of their invulnerability, teens may take frightening risks. How can parents help them find the balance between adventure, independence and safety?

BY ANDREA GROSS

San Diego. Summer 1990. Sixteen-year-old Michael Maldonado and his two friends, Dawn and Shane, are joking around in Dawn's house. When Dawn's mother leaves for the supermarket, Shane pulls a gun out of his backpack. He found it, he says, at his mother's house. Michael reaches for the gun and examines it curiously. He notices there are bullets in three of the chambers. Grinning, he spins the cylinder and, in a game of Russian roulette, points the gun at his head. While Dawn and Shane stare in horror, Michael pulls the trigger. The gun goes off—and Michael slumps to the floor. Rushed by ambulance to the nearest hospital, he dies soon afterward. Though Dawn and Shane have refused to speak with the press, another friend, sixteen-year-old Jerry Pearlman, gives his own analysis of what happened that day: "Michael was always saying yes to daredevil kinds of stuff."

Every teenager takes risks—some far more dangerous than others. What's more, psychologists believe such behavior is a normal, indeed essential, step in an adolescent's declaration of independence: They need to take chances in order to feel confident of their ability to handle unfamiliar and demanding situations as they get older.

A large part of this risk taking can be linked to teens' well-documented sense of invulnerability: They just don't believe that what they read about or are warned about will actually happen to them. Another part is due to their cognitive immaturity: Unable to shift their thinking from the concrete to the abstract, they believe that if they did something before and everything turned out okay, then it always will. With this consequences-be-damned mind-set, driving under the influence of alcohol or drugs, practicing unsafe sex or not using a seat belt is not so *(continued)*



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terrible or so terrifying.

However, like Michael, an appalling number of teenagers go too far with risk taking, exchanging their lives for a momentary thrill. They ride on the roofs of elevator cabs (elevator surfing), slide down generously greased stairways (stair diving), or chase each other through the duct systems of large buildings (tunneling)—all for that quick rush of excitement triggered by the very act of defying danger.

Though exact numbers are hard to come by, a look at seemingly unrelated statistics tells a sad and shocking story. Together, they form a mosaic of risk-taking behavior among young Americans, one that shows how today, even the mildest risk is cause for alarm:

- Accidents are currently the leading cause of death among adolescents, according to a study by the American Medical Association.
- Spinal-cord injuries, which are usually caused by motor-vehicle accidents, are more common among young people fifteen to twenty-four than among any other age group.
- More than half of all high school seniors do not consider heavy drinking to be dangerous. What's more, according to a Surgeon General's report, more than one third of all teens have at least one drink weekly.
- Unsafe sex may well be the norm on college campuses. According to a recent study, three quarters of sexually active unmarried students at prestigious Stanford University—where supposedly they should know better—do not use, or ask their partners to use, condoms.

While young people have always taken chances, the easy availability of drugs, guns and cars today gives them frightening new tools. And though pregnancy and venereal disease have always made unprotected sex dangerous, the specter of AIDS adds a deadly dimension.

Nature or nurture?

Why are so many teens taking such risks? Although psychological problems may be at the root of some reckless activities, the newest research indicates that there are people who take risks because, at least in part, they're genetically programmed to do so. In one study, designed to measure the influence of heredity on risk-taking behavior, University of Minnesota professor of psychology David Lykken, Ph.D., and his colleagues compared groups of twins who were reared together with those separated at birth by adoption and found that genetic factors account for about 50 percent of risk-taking behavior.

According to Frank Farley, Ph.D. pioneer researcher of risk behavior at University of Wisconsin at Madison, tween 10 and 30 percent of Americ are addicted to living life on the ed Joel Mangione, an eighteen-year- freshman at the University of M sachusetts at Amherst, was typical.

Two years ago, Joel and three frie drank and partied until the early-mc ing hours. When Joel and a friend turned to their dorm, they decided indulge in their most recent passion: vator surfing. They climbed atop one the two elevator cabs that occupied double shaft in their high-rise do Sometime around four A.M., as Joel tr to jump from the top of one cab to other, he slipped. For a few moments was wedged between the cab and shaft wall. Then he plummeted sixt stories to his death.

People like Joel are what Farley c Type T—thrill-seeking—personalit Type Ts are extraordinarily energ ic, creative, independent and advent ous. "They're motivated by uncerta ty," Farley explains. "They reject ru and regulations and are attracted to a of constant stimulation." (In contr to Type Ts are the "little ts," th who are most comfortable with stabi and security.)

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ome Type Ts seek thrills through sical activity. They may turn to high- enture sports, such as mountain ibing or bungee-cord jumping, but may also find physical stimulation ough drugs, risky driving or wild its. Others—Farley calls them "Type- ientals"—are inspired by intellectual reative challenges. They may find an let in artistic activities where their traditional views and unorthodox ap- aches are appreciated, or in defying hority figures, such as parents or hers. Joel Mangione, for instance, described by friends as intelligent, oitious and good-humored, with the rgy that is a hallmark of the Type T. ile he had been known to take dare- il risks before—one time climbing fway up a television tower—he also nneled his thrill seeking into worthy vities such as student government, puter games and writing.

When Type T behavior travels a posi- path, it can be very constructive," s Farley. "These people are our great letes, our great artists, our great lead- But the negative path is dangerous destructive."

enage turmoil

en inherited risk-taking tendencies ibine with normal adolescent drives, the results can be explosive.

"It's largely a matter of testing personal limits and expanding them," says Adele D. Hofmann, M.D., director of Adolescent Medicine at the University of California, Irvine, Medical Center. "As the thrill seeker tries to find his own star, he measures himself against his peers. It's a test to see who's the biggest, who's the bravest, who's the boldest."

Yet even when friends are not around, teens may take risks. "Some do it simply to be able to say to themselves, 'Look what I just did,' " notes Lewis P. Lipsitt, Ph.D., a professor of psychology and medical science at Brown University. "They want to feel like a hero, to be a winner at any cost."

While many teens underestimate the probability of an accident, others may simply ignore negative consequences because what they're doing at that moment either is so much fun or feels so good. "It takes a long time to gain judgment, to realize how fragile life is," says Donald Greydanus, M.D., pediatric program director at the Kalamazoo Center for Medical Studies and author of *Caring for Your Adolescent* (Bantam, 1991).

Scott Pecor, sixteen, an honor student from Port St. Lucie, Florida, had been warned by his brother that sniffing a propellant could be harmful. Yet every Friday and Saturday night, Scott and his friends continued to sniff the poisonous fumes, which gave them a slight buzz without the nasty aftereffects of alcohol.

Then one morning in March 1991, while his parents were at work, Scott stayed home from school to finish a research paper. He went to the library for an hour, returned home and later, during a break from his studies, he sprayed some propellant on a rag and inhaled deeply. At three forty-five P.M., his older brother, Stephen, came home and discovered Scott's body. Medical examiners attributed Scott's death to an irregular heartbeat induced by the product's propellant.

Scott's parents, Marilyn and Richard, believe their son didn't fully understand the possible consequences of his actions, despite his brother's warning. ("My gosh," said Scott's girlfriend, "you can walk into any grocery store and buy the stuff.") But it's also likely that Scott did know—experts note that inhalant abuse is on the rise and an estimated four hundred common household products can be fatal when inhaled—but refused to believe it could happen to him.

Are boys greater risk takers than girls? Yes, according to the latest mortality and injury statistics from the federal Centers for Disease Control, which show that boys are four times more likely to take dangerous risks. Though adolescent hormones undoubtedly play *(continued)*

ver outgrow.

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a part, boys, even as toddlers, tend to be more adventurous than girls, notes Charles E. Irwin, Jr., M.D., chief of the division of adolescent medicine at the University of California, San Francisco.

Which is not to say that smart girls don't take foolish chances. Four years ago, Lisa Spencer, now twenty-one years old, from Bartonville, Illinois, and her sister climbed into the backseat of a car with two boys they barely knew. She didn't bother to fasten her seat beat. The driver, who Lisa later learned had been snorting cocaine, gunned the engine, zoomed down a winding road and lost control of the car. When the car slammed into a telephone pole, three vertebrae in Lisa's back were smashed, crushing her spinal cord. Today, she cannot move her body below her chest.

What parents must do

While parents work hard to cultivate independence, curiosity and creativity in their children, they're understandably worried about the consequences of their independent actions. But ironically, the first step in preparing youngsters for independence is not to have too many unbendable rules.

"For Type T kids, rules are meant to be broken. Parents should guide and suggest, but not order and demand," Farley explains, a task that becomes increasingly critical as the child gets older. Teens are physically capable of going where they want to go and doing what they want to do; they're more likely to be responsible if they aren't rebelling against a parent's orders. "At this age," adds Hofmann, "to give up control is often to gain control."

Since thrill seekers also see danger as a challenge, scaring them into safety won't always work. David Lykken suggests appealing to their sense of pride. "Get him to think, That's a bad thing to do, not because it's dangerous, but because it's dumb; and I'm not the kind of person who does dumb things."

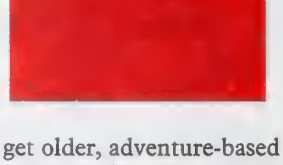
It helps, too, if parents talk in terms of present, not future, consequences. "Cautioning a teen against smoking because of the risk of emphysema or coronary artery disease in middle age is futile," says Hofmann. "But information on how smoking impairs his athletic performance or physical appearance now, or a discussion about the rising costs of cigarettes and his personal cash flow, may have an impact."

Parents have an opportunity, particularly when their children are young, to help kids learn to channel Type T energy and curiosity into safe, acceptable activities. Farley encourages parents to make even day-to-day happenings exciting: Turn a trip to the market with a preschooler into a treasure hunt or a stroll around the block into a nature walk. Enroll kids in drama, art and music classes to nourish creativity.

"I also have great hope for the personal computer," says Farley. "A child can play with varied and complex programs, network with other kids. He can use it for entertainment and to engage that stimulation-seeking drive."

For Type Ts who crave sensory excitement, Farley suggests trips to amusement parks, adventurous family vacations, supervised risk-taking activities such as white-water rafting or rock climbing, and as they get older, adventure-based education programs such as Outward Bound.

Returning from the library for a break from his studies, Scott Pecor sprayed some propellant on a rag and inhaled deeply. At 3:45 P.M., his older brother came home and discovered Scott's body.



If possible, parents should also choose schools that encourage individual initiative and plenty of physical activity. Risk takers have a chance to blossom when teachers are creative and flexible; they invariably rebel in highly structured, authoritarian settings.

Hard lessons

Of course, there is only so much parents by themselves can do to prevent their teenagers from taking crazy risks. Across the country, new educational programs are helping to fill the gap. In Think First, co-sponsored by the American Association of Neurological Surgeons and the Congress of Neurological Surgeons, students are shown a riveting video, listen to a health worker speak and—most dramatic of all—participate in a question-and-answer session with a wheelchair-bound teen who describes his own brain or spinal-cord inju Also, the Aerosol Education Bure alarmed by the increasing misuse of p pellants, is distributing a poster a video starring The Jets, a New Y rock group, featuring the slogan, "If sniff to get high, you may get br damage or die."

And one of the most innovative is Drunk Driving Simulator progra strongly supported by Mothers Agai Drunk Driving (MADD). Students t drive a Dodge Daytona ES, which been rigged to mimic the slow react time of an intoxicated driver. Stude enter the car confident they will be a to compensate for the delayed steer and brake responses. Minutes later, a driving around a special track, th emerge shaky, humble and more re to agree that drinking and driving d nitely don't mix.

But do programs like these rea work? Some recent evidence sugge they do: After years of media attentio the dangers of drunk driving, for stance, the National Highway Tra Safety Administration reports the p portion of teen drivers who are invol in fatal accidents while intoxicated decreased from 31.1 percent in 1982 21.1 percent in 1990, the latest year which figures are available.

Lisa Spencer already has proof t such educational programs can mak difference. As part of the Think Fi program, Lisa regularly visits hi schools and talks about her accident a life in a wheelchair. Two weeks after c of her lectures, a young girl who h heard her speak was in a car crash. Pol arriving at the scene said she was al only because she had been wearing seat belt. "I never used to use one," teen told a reporter, "but then this girl a wheelchair told me what could happ if I didn't."

Forewarned is forearmed

To find out more about some of the p grams mentioned in this article: Write MADD (P.O. Box 541688, Dallas, 75354-1688, attention: Public Affairs you'd like the simulator car to come your community. Each year's tour is c tingent upon funding. MADD will parents' letters to boost corporate st port. Every school district has been s a copy of the educational materials c tributed by the Aerosol Education B reau. If you need additional materia write: 1913 Eye Street, N.W., Washi ton, DC 20006. To arrange a Think Fi presentation in your child's school, wr to Diana Kelker, executive direct Think First, 22 South Washingt Street, Park Ridge, IL 60068.

Andrea Gross is a contributing editor Ladies' Home Journal.

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Top choice . . . tearful good-byes . . . memory loss and the new mom

ONLY THE BEST

THE TOPS IN VIDEOS, BOOKS, AUDIOTAPES

We're delighted to announce a new addition to our family. Starting this month, and appearing every other month in either *Ladies' Home Journal* or *LHJ's Parent's Digest*, we'll bring you a special report on the best in children's media from Parents' Choice, the Boston-based consumer group.

Just who are the experts who choose the products we present? Parents' Choice has a cross-country roster of parents, grandparents, kids, teachers, librarians, well-known critics and others. Decisions are based solely on quality. Since the holiday season will be upon us sooner than we think, it's the perfect time to begin our partnership.



By Diana Huss Green, Editor-in-Chief, Parents' Choice, *Parents' Choice Foundation*

VIDEOS

NONSENSE AND LULLABIES: POEMS FOR CHILDREN, Michael Sporn/FHE, $9.98 (18 months to 5 years). Eighteen classic nursery rhymes with a 1990s tempo. Wynken, Blynken and Nod, The Crooked Man, and Solomon Grundy are presented in subtle and not-so-subtle ways, bringing new laughter to old Anglo-Saxon nonsense.



THE EZRA JACK KEATS LIBRARY, Children's Circle Studios, $14.95 (4 to 7 years). Six films based on Keats's best-loved books—including *The Snowy Day, Whistle for Willie, A Letter to Amy.* The African-American and Hispanic protagonists radiate the same charm as their literary counterparts.

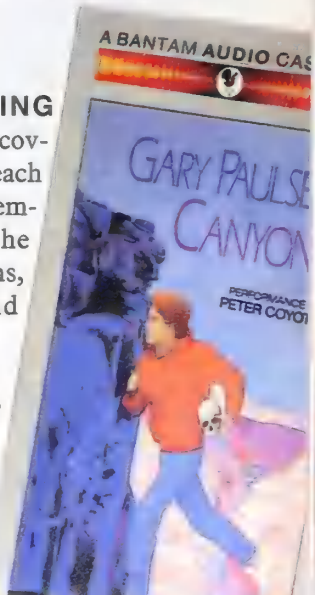
LIGHTS: A HANUKKAH FABLE ABOUT NOW AND THEN, Ergo Media, Inc., $24.95 (3 to 9 years). This animated video, narrated by Judd Hirsch, is sweet-spirited, instructive and imaginative—perhaps the best one ever made about the eight-day Festival of Lights.

THE LION, THE WITCH AND THE WARDROBE, cassette one in the series, *The Chronicles of Narnia.* Public Media Video, $29.95 (6 and up). A rattling, imaginative yarn, with rich acting and sumptuous settings based on the C.S. Lewis book of the same name. Four children are scooted out of the London blitz in the 1940s to safety in the countryside. They escape boredom with a magical old wardrobe, through which they walk into the fantastical land of Narnia.

AUDIO

LULLABY MAGIC/MORNING MAGIC, by Joanie Bartels. Discovery Music (two cassettes), $9.95 each (birth to 6 years). A mix of contemporary and traditional songs, the first tape inspiring sweet dreams, the second getting kids up and out in the morning.

NORFOLK TALES: STORIES OF ADVENTURE, HUMOR AND SUSPENSE, by Bobby Norfolk. Earwig Music *(continued on page 160)*



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tle People chool Bus

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(continued from page 157) Company, $9.98 (4 to 8 years). These adaptations of African and African-American tales use hip language to carry a special message: the importance of placing your faith in those who love you.

BLOW YE WINDS IN THE MORNING: A REVELS CELEBRATION OF THE SEA, by Revels. Revels Records, Inc., $9.95 (all ages). Sea chanteys, ballads, work songs, hymns and poetry that leave you with an urge to run off to the briny main.

CANYONS, by Gary Paulsen. Bantam Audio, $14.99 (10 and up). The riveting story of an Apache boy and his mystical white friend, who make their way toward manhood more than a hundred years apart in time, but close in spirit.



BOOKS

THE LITTLE DOG LAUGHED AND OTHER NURSERY RHYMES, by Lucy Cousins. Dutton, $14.95 (birth to 5 years). Bright colors and childlike paintings reinterpret traditional rhymes. Little Miss Muffet is an African-American and Mary's garden grows flowers with cheery children's faces on them.

I SAW ESAU, edited by Iona and Peter Opie. Candlewick Press, $19.95 (4 and up). The latest in the Opies' wonderful collections of childhood rhymes and songs. Maurice Sendak's masterful illustrations will have children chuckling, snickering and giggling their way through this classic collection of verse.

LA CASA EMBRUJADA (THE HAUNTED HOUSE), by Jan Pienkowski. Dutton, $14.95 (5 to 8 years). A spooky tour through a haunted house via a glorious pop-up book. In both Spanish and English versions.

GO HANG A SALAMI! I'M A LASAGNA HOG! by Jon Agee. Farrar, Straus & Giroux, $12.21 (all ages). A book of palindromes: Backward and forward, every phrase reads the same, and each picture illustrates the feat. Not much reading, but lots of laughs.

For more information, you can write to Parents' Choice at 1191 Chestnut Street, Newton, MA 02164.



UNDERSTANDING KIDS

BY LAWRENCE BALTER, Ph.D.

My three-year-old has been in nursery school for three months now, and although he likes his teachers and has made friends, he still cries when I leave him. His father and I divorced a few months ago—is that what the crying is all about?

Although separations and transitions are often difficult for young children, most get accustomed to the routine in a few months. Since you know your son likes his teachers and classmates, the divorce is the next obvious source of his distress.

Find out what he understands about it. He may have an inaccurate view of what's happened, so you need to clarify the situation. Give him specific information about what he can expect regarding visitation, plans for the future and how and where he will be spending his time. Also, he may be worrying that, just as you separated from Daddy, you may separate from him, too. Reassure him of your love. Don't take him out of school or he may think his fears are justified. (Of course, a day off once in a while is fine.)

When you drop him off, tell him you'll be okay. He may be worried that something will happen to you. Remind him again where you'll be and that his teachers know how to get in touch with you.

Arranging for play dates with new friends after school will help him feel more comfortable during the day. If his crying persists, or if he develops other signs of stress—sleep disturbances, eating problems or nervous habits—consider seeking psychological counseling.

Lawrence Balter, Ph.D., is a practicing psychologist and professor of applied psychology at New York University. His most recent publication is *Stepping Stone Stories* (Barron's, 1991), a series of illustrated books for kids.

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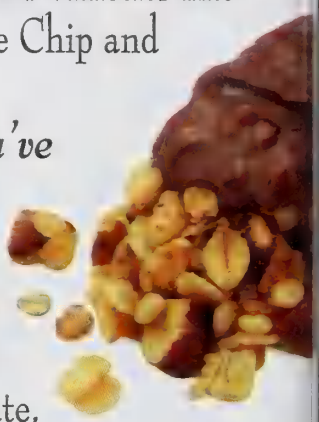
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Mind over mush

BY NANCY BODI-HURLEY

It's been just over a year since I gave birth to my daughter. Most surgeons will tell you that the human body takes at least that long to fully recover from any type of surgery or physical trauma. With this knowledge, I wholly expected the extra pounds on my hips and thighs to drop within twenty-four hours of my child's first birthday.

This, as you may have guessed, did not occur. But recently I've begun to wonder if the mind, like the body, also takes a good twelve months to mend. I had a thought the other day. The type of thought that is purely intellectual in nature and that is 100 percent non-baby-related. It was wonderful. It suddenly dawned on me that my chief preoccupations during the prior year had revolved solely around my child's bodily functions—namely, Did she eat? Did she poop? Was it runny? No longer did I feel compelled to even glance through the daily newspaper or to keep a classic novel by my bedside.



Looking back, I see that this intellectual transmutation did not begin with my daughter's conception. I remained actively employed as a psychologist throughout my pregnancy; I considered myself a thinking person right up until the moment I shared a pepperoni pizza with my husband, and my water broke. I think it was the very next day that I went up a dress size—permanently—and my IQ dropped twenty points.

ONE MOTHER'S STORY

It wasn't initially apparent to me that my mental faculties had been altered. After all, I could still count, as in how many feedings she'd had that day. I could still tell time, to know when her last diaper change had been.

I was also bolstered by the fact that I could devour hard-core baby books at a rate that closely rivals the rate at which I can devour chocolate-covered Oreos.

But I wasn't just obsessed with the care and development of my child. For hours, I would simply stare at her in fascination. I would give a verbal narration of every burp, smile and bowel movement while my husband became the next Steven Spielberg, racing around to capture every angle with his new video camera. When the little starlet was finally put to bed, we'd sit and watch the tape, complete with Winston Churchill imitations and a sound track of coos and grunts. Now, that's entertainment!

After several months, my condition was altered in an interesting way. I had by this time returned to work part-time. Though I was acting as if I had regained my cerebral prowess, in truth my brain was functioning in a dichotomous manner. While engaged in my role as a psychotherapist, I was clear and productive. But the moment I stepped back into my mommy role, I grew fuzzy and indecisive. In the office, I perused professional journals; at home, I could barely get through the cover story of *People*. In the office, I made well-thought-out decisions; at home, I waffled over whether to make meat loaf or broil fish for dinner.

And then I read in one of the baby books that each baby needs at least one adult to be madly in love with him or her to ensure proper development. And I realized that was my problem: I was hopelessly in love.

But as every veteran of a great love can attest, passion mellows with time. Not that I love my daughter any less, but I am able now to digest a few novels. Slowly but steadily I'm starting to think again. Once again, I can make sound decisions.

Like tonight, for instance: We're definitely *not* having meat loaf.

FAMILY VALUES AND CHILD CARE: TELL THE PRESIDENT WHAT YOU THINK

Do you think children and their families are better or worse off today than in the past? Should the government be doing more to help them? This is your chance to tell your views to the next President. Ladies' Home Journal, together with the Child Care Action Campaign, a national advocacy group based in New York, will send him the results of this survey. Please complete it and add any comments you like. Send your survey by November 15 to: Child Care Action Campaign, Box M, 330 Seventh Avenue, 17th Floor, New York, NY 10001.

1. Families today are having a hard time because of: (Choose three; number from 1 to 3 in order of importance, with 1 being most important.)
__ Prevalence of drugs and alcohol -7
__ High divorce rates -8
__ High unemployment -9
__ A too-permissive society -10
__ The high cost of health care -11
__ Work/family conflicts -12
__ TV and other media that promote nontraditional lifestyles and values -13
__ Parents' failure to take enough responsibility for their children -14
__ The high cost of housing -15

2. Which of the following best describes your experiences? (Check one.)
__To get ahead at work, I have spent less time with my family than I'd like. 16-1
__I have made sacrifices in my work life so I can be with my family. -2
__I have had the right balance between my family and my work. -3
__Other. Please specify: -4

3. Do you agree with the following? (Check all those you agree with.)
__ Mothers should not work if they have children under five years old. -17
__ Mothers and fathers should play an equal role in caring for children. -18
__ When possible, children should be with a parent during the day. -19
__ Parents who use child care are letting others raise their children. -20
__ Child care is an important support for employed parents. -21
__ Parents today don't give children the time they need. -22
__ If both parents work, children are more likely to get into trouble. -23
__ Parents are not as willing to sacrifice for their children as parents in the past. -24

4. Should family issues be a priority for the President?
___Yes 25-1 ___No -2 ___No opinion -3
For Congress?
___Yes 26-1 ___No -2 ___No opinion -3

5. Should every mother or father have the right to take a leave from work to care for a new baby or ill relative, without fear of losing her/his job?
___Yes 27-1 ___No -2 ___No opinion -3

6. Should the federal government require employers to provide a leave so parents can spend time with their new baby or ill relative?
___Yes 28-1 ___No -2 ___No opinion -3

7. If yes, should this leave be:
__Fully paid 29-1 __Partially paid -2
__Not paid -3

8. If you believe the leave should be paid, who should pay?
__Government 30-1 __Employers -2
__Combination of the above -3

9. Does the federal government do enough to make quality child care available to your family?
___Yes 31-1 ___No -2 ___No opinion -3

10. Do you think that child care helps promote family values?
___Yes 32-1 ___No -2 (If yes, skip to Q.12.)

11. If no, why not? (Check all that apply.)
__Children should be at home with their mothers. 33-1
__Child care is a way for parents to avoid taking care of their children. -2
__Child care weakens the child's ties to parents. -3

12. If yes, why? (Check all that apply.)
__Child care helps parents balance work and family. 34-1
__Child care enables parents to work to support their families. -2
__Child care provides early education. -3

13. How many children do you have and how old are they?
Number of children _____ 35,36
Ages _____ 37,38,39
I have no children _____ 40
(If no children or children are grown, skip to Q. 16.)

14. What form of child care do you currently use? (Check all that apply.)
__ I do not use child care. 41-1
__ Child-care center -2
__ A friend or neighbor's home -3
__ Spouse -4
__ Live-in nanny/au pair -5
__ Before and/or after-school care -6
__ Other. Please specify: -7

15. In general, my experience with child care is:
__ Very positive 42-1
__ Somewhat positive -2
__ Somewhat negative -3
__ Very negative -4

16. What is your sex?
__ Male 43-1 __ Female -2

17. Please write in your age_____ 44, 45

18. Are you:
__ Married or living with a partner 46-1
__ Single, never married -2
__ Single (divorced or widowed) -3

19. What is the highest level of education you have completed?
__ High school diploma 47-1
__ Attended college, no degree -2
__ College degree -3
__ Some graduate/professional school -4
__ Graduate or professional school -5

20. What was your total family income in 1991 before taxes?
__Under $10,000 48-1
__$10,000-$24,999 -2
__$25,000-$34,999 -3
__$35,000-$49,999 -4
__$50,000-$74,999 -5
__$75,000 and over -6

21. Are you currently employed?
__Yes, full-time (35 hours/more a week)49-1
__Yes, part-time (under 35 hours a week)-2
__Not employed -3
__Other -4

22. What state do you live in?
State_____ 50
Zip_____ 51



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Waiting to exhale

Bernadine had every reason to celebrate: Her divorce was final, and the big house was hers to keep. So why did she feel so lonely tonight? An excerpt from the year's hottest novel



BY TERRY McMILLAN

Bernadine couldn't stand being in this big house by herself. She'd thought she would be grateful for the peace and quiet, but when she came home from work, the house felt like a mausoleum. Worse than empty. A house was meant for kids, she thought, and so was she. She couldn't figure out what to do with herself now that they were visiting her soon-to-be-ex-husband, John. The weekends without the kids had been easy to handle, but now it was summer vacation, and they'd been gone for four whole weeks. She couldn't remember the last time she spent so much time by herself. She was trying to remember what she used to do with herself before she got married and had kids.

She sat on the couch, reading *Essence* magazine. It took thirty-five minutes to finish it. Bernadine was glad when she had to go to the bathroom; it gave her an excuse to get up and move. Once she got in there, she noticed there was toothpaste in the sink, so she got out the Fantastik and started cleaning. Before she knew it, she had cleaned all the mirrors, the tub and inside the toilet. And she wasn't finished. She still had plenty of unused energy and nothing else to do with it.

Now Bernadine stood in her daughter Onika's doorway. She sat down in the middle of Onika's bed and ran her hand over a bunch of Disney characters. Onika was a pack rat—hoarded everything and hated to throw anything away. Her little table set was over in a corner. Stuffed animals sat in each chair. Each had a tiny plastic saucer with fake food on it in front of them. A big wooden dollhouse was perched on top of her dresser, full of miniature furniture. Next to that, her stove and sink and little white vacuum cleaner. All her doll clothes were in plastic bins. Her room was neat. And Onika knew where everything was.

Onika's dolls were sitting stiffly on her bed, lined up in front of her pillow. Bernadine picked up one and looked at it. All except one was black. That stupid Barbie. The first doll *(continued)*

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Waiting to exhale

continued

Bernadine bought Onika was black. She explained to her da ter a long time ago that she wasn't buying any blond-ha blue-eyed dolls so Onika would grow up believing that Barbi the standard for beauty. But last Christmas, Onika pleaded her for a Barbie, because all her friends had at least one Ba Couldn't she have just one white doll? Bernadine gave in.

She got up and closed the door and looked into John Jun room. It was just the opposite of Onika's. He'd been Ninte crazy for years now, and Bernadine had bought him at twenty different games. Which was way too many, and she k it. But his grades had gotten better. All he ever wanted as hi ward was a Nintendo game. And they were everywhere, in a tion to those micro machine cars and Battle Beasts and N Turtles he'd become fanatical about.

After she picked up every single one of those toys, scanned the room. There was absolutely nothing left to d here. She went into the kitchen and put a TV dinner int microwave. The isolation was about to drive her crazy. many times had she prayed for this? To not have to hear " for at least one day. She'd gotten her wish, but Bernadine no idea she'd feel so lonely. So unnecessary. She could go where she wanted to, but she couldn't think of anywhere wanted to go, except the movies. But how many movies c you see? During the last few weeks, she and her best friend vannah, had seen just about every movie that was playing.

Bernadine heard the microwave beep, took out her di and sat down at the long, empty table to eat it. She picke her knife and fork and looked around the room. The sil was too loud. She couldn't stand it. She tried to cut into Chicken Dijon, but it took too much energy, because now was crying. The knife and fork fell out of her hands. Ev thing was wrong. She was not supposed to be in this h without a husband, and now even her kids were gone. She not supposed to be getting a divorce because her husband cided to leave her for a white woman. She was not suppose be sitting in some real estate office all day long, helping brokers get rich, then driving home in thick traffic, worr if she could make it to the day-care center by six or whethe not her mortgage payment had been paid. She was not posed to be in this position at all. But she was. She wiped eyes with her napkin.

Maybe she should read a book, she thought, but she coul think of any that would hold her interest right now. Maybe should call somebody. Savannah, she thought. But she'd alr talked to her once today.

Bernadine got up, opened the French doors, and walked side. The air was warm, but there was a breeze. She looked the pool and started counting the ripples, until she realized was counting ripples in the damn pool. She looked out at desert. The crest of the Superstition Mountains looked like clining nude woman. Their peaks covered up most of the ple-and-pink skyline, but the rim of the orange sun wasn't r to leave just yet. Bernadine sat down in a lounge chair looked out at the desert until she saw absolutely nothing.

A few days later, Bernadine's lawyer called to tell her John's lawyer was ready to settle. Bernadine put the ph down, then picked it up again. "It's final!" she yelled thro the phone to Savannah.

"What?"

"My divorce! Can you meet me for a drink, dinner, so thing? I need to celebrate. I'm a free woman, girl!"

"I wish I could, Bernie, but my friend Kenneth just flew i town."

"He's back again?"

"Yeah. He surprised me."

"Sounds serious." *(contin*

For better Christmas cookies, bake it better with butter.

"Our cookies are only as good as the ingredients you put into them."

Rose Levy Beranbaum
Author of *Rose's Christmas Cookies*









TRADITIONAL ROLLED SUGAR COOKIES

3/4 cup (1-1/2 sticks) butter, softened
3/4 cup sugar
1 large egg
1 tablespoon grated lemon peel
1 teaspoon vanilla extract
2-1/4 cups all-purpose flour
1/4 teaspoon salt
Water

Cream butter in large mixer bowl. Add sugar; beat until light and fluffy. Beat in egg, lemon peel and extract until well blended. Gradually mix in flour and salt until well blended. Beat in water, a few drops at a time, only until dough starts to come away from sides of bowl. Shape dough into a large flat disk; wrap in plastic wrap and refrigerate 2 to 3 hours. Preheat oven to 350°F. Roll dough on lightly floured surface to 1/8-inch thickness. Cut with cookie cutters dipped in flour. Place on buttered cookie sheets. Paint with *Edible Tempera Color*, if desired. Bake 10 to 12 minutes or until cookies begin to brown around edges. Carefully remove from cookie sheets. Cool completely on wire racks. (Decorate as desired if cookies have not been painted.)

Edible Tempera Color—Lightly beat 2 large egg yolks and divide evenly among 5 small containers. Use liquid food coloring (adding a few drops at a time) to color each mixture as desired. Apply colors with a small clean paint brush *before* baking cookies. Yield: about 4 dozen cookies.



Bake it better with butter

PEANUT BUTTER AND JELLY JEWELS

1 cup all-purpose flour
1 teaspoon baking soda
1/8 teaspoon salt
1/2 cup firmly packed light brown sugar
1/4 cup sugar
1 cup smooth peanut butter
1/2 cup (1 stick) butter, softened
1 large egg
1/2 teaspoon vanilla extract
Cherry preserves or glacé cherries

Sift together flour, soda and salt; set aside. Combine sugars in large mixer bowl. Add peanut butter and butter; beat until smooth and creamy. Add egg and extract; mix well. Gradually beat in flour mixture just until blended. Refrigerate, covered, at least 1 hour. Preheat oven to 375°F. Shape dough into 1-inch balls. Place on unbuttered cookie sheets 1½ inches apart. Use handle of wooden spoon to make deep indentation in center of each ball. Bake 10 to 12 minutes or until lightly browned and set. Cool on cookie sheets until firm enough to lift. Transfer to wire racks to cool completely. Fill centers with cherry preserves or glacé cherries. Yield: about 5 dozen cookies.



Bake it better with butter

SCOTTISH SHORTBREAD COOKIES

1/4 cup EACH: confectioners sugar, granulated sugar
1-1/4 cups butter (2-1/2 sticks), refrigerated and cut into 8 to 10 pieces
2-1/2 cups all-purpose flour

Preheat oven to 275°F. Place sugars in food processor and process until very fine. Add butter; pulse until sugar disappears. Add flour; pulse until no dry flour particles remain. (Mixture will be moist and crumbly.) Place in plastic bag and press together to form dough; knead lightly until dough holds together. Remove from bag. Shape dough into 1-inch balls. Place on unbuttered cookie sheets 2 inches apart. Flatten each with a cookie press, fork, or the bottom of a glass lightly moistened with water. Bake 45 minutes to 1 hour or until pale golden. Remove from cookie sheets; cool completely on wire racks. Yield: about 4 dozen cookies.



Bake it better with butter

Recipes adapted from *Rose's Christmas Cookies*, published by William Morrow, Inc.



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America's Dairy Farmers
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American Dairy Association

ing to exhale

nued

t's not."

Well, I still have to celebrate. I have can't sit in this house, that's for n sure."

Bernie, I'm really sorry I can't hang with you. But I'll take you out for a celebration after he leaves."

Bye, girl, I'm ."

fter Bernadine up she called a other friends, no one was e. It was six -five. Bernadine to do some- g, go some- re. Now. But re should she he wondered.

e took a show- put on some eup, and threw pink blouse a blue silk suit. When she ined herself in mirror, she ed boring, so went through closet like a ma- , looking for ething a little e lively. She d a sleeveless e linen dress a low neckline. s perfect.

he ended up in the dining room he Scottsdale cess, a resort looked out a golf course. hadn't exactly ned on coming re, but it wasn't rom her house. sat at a table by window and ed around the e. There was ing in here but people. All the ien's hair was or white, teased to perfection and l on top of their heads. When the er came to her table, she ordered e rib, a baked potato with sour m, and green beans with almonds, though she wasn't hungry. She ed her strawberry daiquiri with her . All of a sudden she felt silly. This no celebration. What was she prov- y being here? No one was paying at- on to her. No one knew her divorce was final today, so what was the point? She motioned for the waiter and asked if it was too late to cancel her order. He said he'd have to check. He came back moments later and said it was too late. Bernadine said she didn't care and paid for it anyway.

She still didn't feel like going home. And didn't know where else to go, and so she drove down Camelback until she came to 24th Street. When she saw the Ritz-Carlton Hotel, she pulled in there.

"Are you a guest?" the parking attendant asked her. "I'll know in a minute," she said, and got out of the car.

The next thing Bernadine knew, she was standing in the Superior Suite, on the seventh floor, overlooking the whole city. The room was full of antiques. The drapes, bedspread and sheets were all different shades of blue, and each was a different kind of print. It was beautiful. This was more like it, she thought. It was still early, and now that she was here, she didn't want to sit in this hotel room by herself.

She went downstairs to the bar and found an empty seat. She ordered another strawberry daiquiri and looked around the room. More white folks.

"Is anybody sitting here?"

When Bernadine turned around, she was surprised to see a tall, good-looking black man, about her age, standing behind her.

"No, nobody's sitting there," she said. She was embarrassed because she was sitting by herself at a bar. Bernadine didn't want him or anybody else to think this was what she usually did. She hoped he wouldn't start talking to her. She wasn't in the mood for having a phony conversation with a stranger—she didn't care how good he looked. She was trying to get used to the idea that she wasn't married anymore. Which would take longer than tonight.

"My name's James Wheeler. How you doing this evening?"

"Fine. Just fine, thank you."

"Do you have a name?"

"Bernadine Harris," she said, and she tried not to take her eyes off her drink. He held his hand out to shake hers, so she held hers out too, and when he squeezed hers and shook it, his hand was not only strong but hot. Bernadine was positive she felt some kind of current run from her palm to her arm and straight to her head.

"So where you from?" he asked.

"Who, me?"

He smiled at her. Bernadine noticed he was wearing a wedding band on his left hand, which made her relax. *(continued)*



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"I live in Scottsdale," she said.

"And you're staying here at this hotel?"

"Yep," she said, and took another sip of her drink. Bernadine didn't know what to say or do next. "I just went through a divorce, and today it's final and I'm celebrating," she blurted out.

"Well, congratulations," he said. "If congratulations are in order."

"They're definitely in order."

"How long were you married?"

"Eleven years."

"Whew," he said, and took a sip of the beer he had ordered.

"What about you?" she said.

"Five."

"Happily?"

"At one time," he said.

"Where do you live?" she asked.

"In Virginia, right outside D.C."

"What brings you to Phoenix?"

"Well, I had to come out here to get some background on a case I'm working on. I'm a civil rights attorney."

"So how long have you been out here, and how long are you staying?" She couldn't believe how nosy she was being. Bernadine blamed it on those daiquiris.

"For four days now. I leave tomorrow."

"Have you had a chance to see the city?"

"You mean 'town,' don't you?" he said, grinning.

He had the most incredible smile. Sexy, when she got right down to it. Bernadine was positive the booze was responsible for these impressions, these sensations she was having. She'd never felt aroused by a complete stranger before, and now that she was aware of it, she was starting to feel uncomfortable. She couldn't remember feeling these kinds of sparks with John. Or any man. "You're right," she said, trying to keep her mind on what he'd just said and not on him. "Even though there're a million people here, it really is just a big town."

"I've seen enough to know I wouldn't want to live here. It's too hot, for one thing, and what's there to do?"

"Nothing."

"I have to admit," he said, "you're the most stunning thing I've seen in the four days I've been here."

"Thank you," she said. Bernadine's face felt flushed.

"So, is this the extent of your celebration?" he asked her.

"It looks like it," she said.

"You're not celebrating alone, are you?"

"Well, you're sitting next to me now," she said, and wanted to bite her tongue for saying it. Was this flirting? Bernadine wondered. Or was she making a fool of herself?

"You're right," he said. "I hope you don't mind."

"So far I don't."

He started laughing and asked if she'd like to sit at a table, where he could see her face when they talked. "Would you like another drink?" he asked.

"I think I've had enough. Maybe a club soda," she said, "with a twist."

James ordered two of them and brought them back to the table. Over the next three hours, they learned more about each other than people do who've known each other for years. Bernadine didn't know what to do with this information now that she had it. It turned out that James was thirty-seven years old, and his wife had some rare form of breast cancer. She'd been hospitalized at least six times this past year. As Bernadine listened to him, she could tell he wasn't making it up. This wasn't the kind of thing you made up. He didn't have any kids but said he'd always wanted some. His wife didn't, which was a major cause of their problems. Three years ago she had noticed a big bruise on her left breast. When they had it checked out, they discovered it was the kind of breast cancer that even a mastectomy wouldn't help. James told her that they'd been planning to divorce, but he couldn't leave her like this. They had a respirator at home, and for the last year she'd literally been living on morphine. Now they were just waiting for it to happen. He said he was drained. Watching her suffer like this was the worst thing he'd ever been through in his life.

James kissed Bernadine on her bare shoulders. "I know it sounds corny, but I feel like I've known you all my life," he said, and kissed her on the lips.



Bernadine told him about the breakup of her marriage. James said she was brave. The way she was going forward with her life, raising two kids by herself and working full-time. Even the way she came into this bar alone tonight to celebrate. He said he had seen her when she checked in, and confessed that he'd hoped she wasn't meeting anybody here. He said he'd had his fingers crossed that she'd come back down to the bar for a drink. And here she was.

He also said John was a damn fool, like so many men. "We take entirely much for granted," he said, "when shouldn't. We abuse what we should doing our damnedest to protect. We the people who love us, and then won why our lives are so messed up."

"You don't have to apologize," said. "I totally agree." As a matte fact, Bernadine agreed with just ab everything he'd said during these th hours. As they talked, James bec more and more enchanting. Bernad wondered how men did that. How could say the right thing at the ri time and become so much more al ing. James had done that and more. couldn't remember the last time she tually sat down and talked to a man had an opinion about so *many* thi She could've sat there and listened him all night.

"Can I help you celebrate your freedom?" he was saying. He was hold Bernadine's hands, which by now she perfectly comfortable with.

"What do you mean?"

"Let me be your comfort zone night," he said, and looked her in eye. This man was serious.

"Well, it's been *comforting* just talk to you," she said. "But to tell the tr I'm game." She got nervous right a she said it. She wanted to see what do something like this was like, before came to her senses and changed her mi

James got up from the table, and helped Bernadine out of her chair. went over to sign for the drinks, tur around, and looked her in the eye ag Damn, Bernadine thought. She watc every move he made. When James his arm over her shoulders, she felt same current pass through her body over again.

They caught the elevator to her fl James could tell she was nervous, so reached over her head and took the from her. "It's okay," he said. "Relax. me do this." She could feel his ch against her back. She wanted to fall so he could catch her. Instead, Bernad stood stock-still. When the door open the cool air flooded around them. She her purse on the bed and walked ove the picture window. Now that he here, she didn't know what to do. was scared to get too close to him soon. But James followed her. They b looked out at the view of the city, wh was lit up and spectacular. She'd some pretty good dreams before, nothing came close to this.

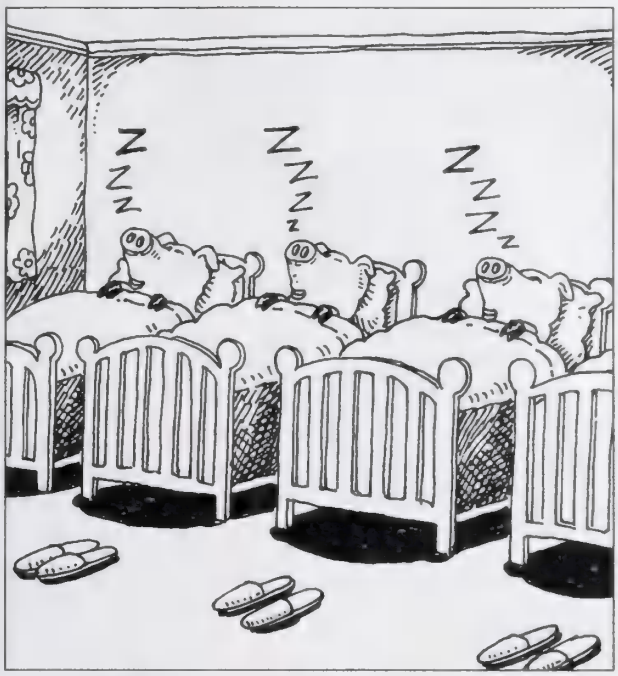
"You feeling okay?" he asked.

"Nervous."

"I know," he said. "It's pretty obvi you've never done anything like this fore."

"You're right," she said.

"I like that," he said. "Having seco thoughts?" *(continu*



Pigs in Blankets.

Pigs in Blankets

2 cups Bisquick® Original or Reduced Fat baking mix

1/2 cup cold water

8 frankfurters

Heat oven to 450°. Mix baking mix and water until soft dough forms; beat vigorously 20 strokes. Gently smooth dough into a ball on floured cloth-covered surface. Knead 5 times. Roll dough into 13-inch circle. Cut circle into 8 wedges. Place frankfurter on each wedge; roll up, beginning at wide end. Seal tightly by pinching point into roll. Place on ungreased cookie sheet. Bake about 15 minutes or until golden brown. Serve with mustard or ketchup if desired. 8 servings.

High Altitude Directions (3500 to 6500 feet): Substitute boiling water for the cold water. If using Bisquick Reduced Fat baking mix, bake 12 to 15 minutes.





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"I'm having all kinds of thoughts," Bernadine said.

"Well, if it's any consolation, I've never done this before either."

"I bet," she said.

"I don't lie," he said. "It's just a temporary solution to a permanent problem, which always comes back." James bent down and kissed Bernadine on her head, her cheeks, and then her bare shoulders. She felt them drop. "I know it sounds corny, but I feel like I've known you all my life," he said, and kissed her on the lips.

Bernadine looked in his eyes and smiled. She *was* a grown woman. Free to do whatever she wanted to do. Wasn't she? Hadn't her heart given her permission to do this? If so, why was it changing its mind midstream? Now it was telling her that she shouldn't be here. That what she was doing was low and sleazy and the kind of thing she should've gotten out of her system in her twenties, not her thirties. But she was starving for affection. She *wanted* James to hold her. She *wanted* him to tell her over and over again that she was beautiful, until she believed it. She wanted him to tell her that everything would work out, that her life would be okay. But she wanted it to be the truth.

They stood there, in front of that big window, until they both felt strong enough to give each other another kind of comfort. By six o'clock the next morning, James Wheeler and Bernadine Harris were in love. They both knew, they said, that this kind of comfort was a temporary thing. James thanked Bernadine for easing his pain. Thanked her for trusting him. And thanked her for her honesty. Bernadine checked out of the hotel and drove home. In the house, she sat down on the couch, sat there smiling, replaying the past night in her head for hours. It didn't matter if she never saw him ever in life. It didn't matter at all. She was alive again.

It was raining, hard. This was unusual weather for October, Bernadine thought. The monsoon season had long since passed. She was lying in bed under crisp white sheets and a forest-green comforter. The French doors to the patio were open. A cool breeze rushed in through the screens. The raindrops were so big, it sounded as if somebody was pounding a million nails into the skylight in her bathroom. When she looked out the window, she saw lavender-and-yellow lightning bolt across the Superstition Mountains. Her flower beds were drenched. The patio was flooded.

She remembered Onika once saying that when it rained like this, it was really God crying. Today it made sense to her. The ceiling fan spun slowly. Berna had a book in her lap, a book she ha opened. Two fat pillows lay beside he

She thought about James, and night three months ago. James Ja James. Whenever she felt lonely, thought about James, and that ni Whenever she felt disenchanted, thought about James. And that ni Whenever she felt ugly and old, thought about James. And that ni And whenever she needed to rem herself how good a man could m her feel, she thought about James that night.

Bernadine closed her eyes. She let mind drift backward until she co smell his cologne, feel his chest aga her back, feel the heat from his ha hear his laughter and every word h said. Her pillow became his should his chest, the side of his neck, his mo She dug her face so deeply into it that feathers flattened.

She was almost ready to call out name, when she heard a knock on door. Bernadine sat up, ran her ha across her face and said, "Come in."

Onika was hiding something beh her back. "What you got back there?"

"Guess," Onika said, grinning. hair was sticking out like black w making her face look too small for head.

"I can't even begin to guess," Ber dine said. *(continued on page*

Waiting to take a break

Terry McMillan never thought that success would be so exhausting. "I just wish I could take a long vacation and sit on the beach, because I had planned to do a lot of reading this summer," says the forty-year-old author, who just finished touring to promote *Waiting To Exhale*. Not that she's really complaining: The success of the novel, about four black professional women who live in Phoenix, would make any writer jump for joy. With more than 450,000 copies in print, the novel has shot to the top of best-seller lists. And the paperback rights went for one of the highest sums ever: $2.64 million.

Though she's written two other novels, *Mama* and *Disappearing Acts*, McMillan says the response to *Waiting To Exhale* caught her by surprise. "It almost seems as if it happened to somebody else, but I've had to do all the work," McMillan says. "It feels like I'm having this out-of-body experience."

Readers tell McMillan that she's writing about *their* lives (at readings, they'll say things like "You must know my ex-boyfriend"). For this reason, critics have called *Waiting To Exhale* ground breaking: It's one of the first novels by a black writer to address, in an accessible way, the lives of ordinary, middle-class black women.



But McMillan says she didn't set out to break grou "All I wanted to do was to tell what I thought was a v honest story about four friends who happen to be bl and somewhat successful and the kinds of proble that arise for them." She also wanted to write ab strong women. Bernadine is a favorite character McMillan because she weathers a difficult divorce: "S was tested, and she passed the test," McMillan says.

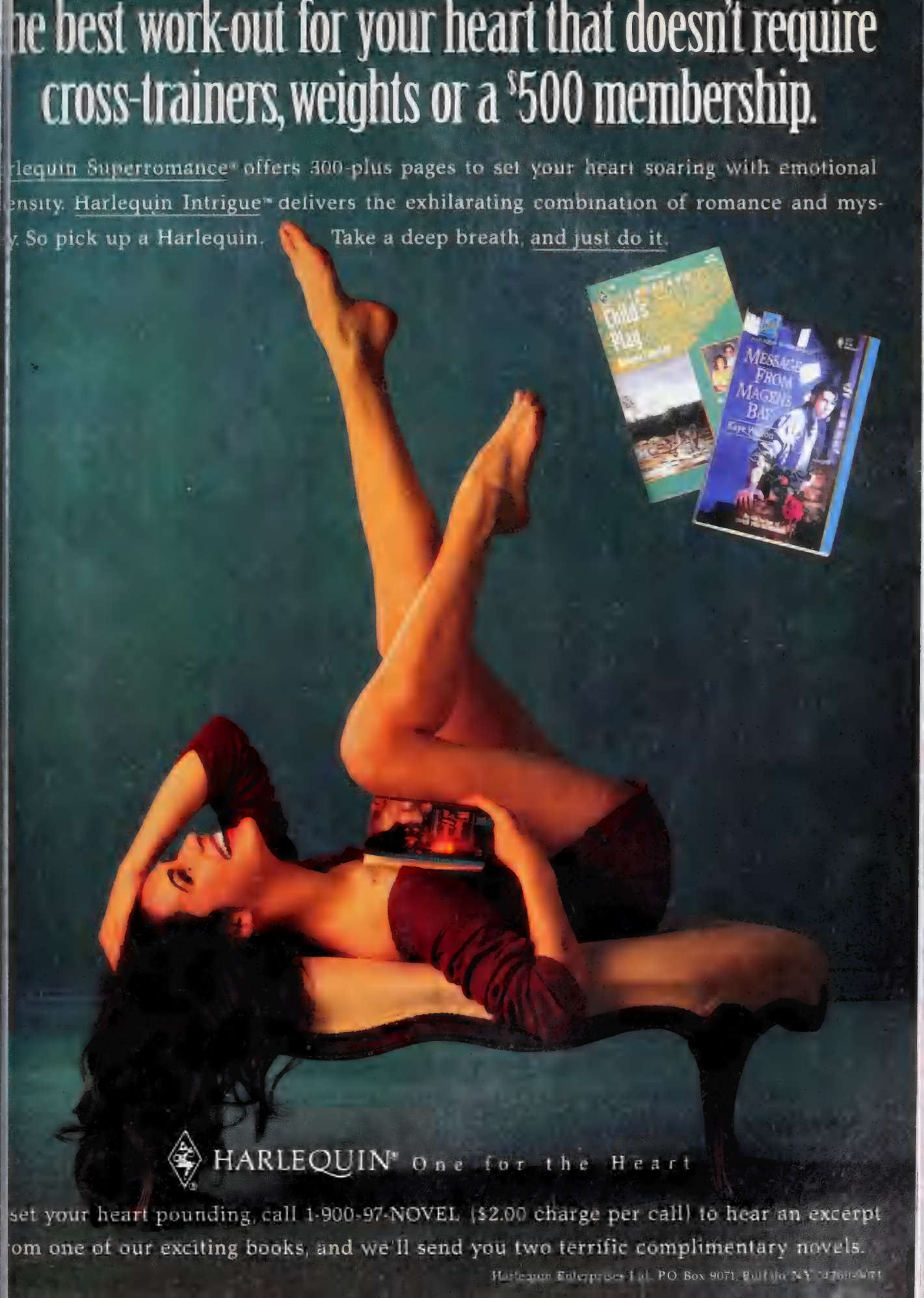
A strong woman herself, McMillan is a single pare the mother of one child, eight-year-old Solomon. follow her dream, she's had to move with him seve times—from New York City to Tucson, Arizona, whe she taught at the University of Arizona, and most cently to Northern California. But she works hard keep life normal for her son, and she resents D Quayle's recent single-mother/Murp Brown bashing. "There are millions of [single moms] out here doing it," s says. "This is the nineties. Women c do what we want to do."

Right now, McMillan is most looking f ward to some time to herself—time to r flect on the success of *Waiting To Exha* and to ready herself for writing again. have to clear the decks before I can down and write; I need to be very quiet. I'm working on clearing the decks now

—SARAH MCCRA

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The more times you answer "yes," the greate your risk of developing osteoporosis.

RISK FACTOR TEST

QUESTION	YES	N
1. Do you have a small, thin frame or are you Caucasian or Asian?	☐	☐
2. Do you have a family history of osteoporosis?	☐	☐
3. Are you a postmenopausal woman?	☐	☐
4. Have you had a hysterectomy?	☐	☐
5. Have you been taking thyroid medication or cortisone-like drugs for asthma, arthritis, or cancer?	☐	☐
6. Is your diet low in dairy products and other sources of calcium?	☐	☐
7. Are you physically inactive?	☐	☐
8. Do you now or have you ever smoked?	☐	☐

Clip out and take to your doctor.

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on most women start doctor if osteoporosis is o stay on it.

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As with all drugs, there can be side effects ith estrogen. One is the possibility of developing cancer of the uterus. Be sure to discuss his with your doctor. If you've had a hysterctomy, you don't have this risk.

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should include instances of cancer of the breast or uterus, unusual vaginal bleeding, abnormal blood clotting, or heart disease.

While women entering menopause are not likely to become pregnant, estrogens should not be used during pregnancy because of possible risk to the fetus.

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PREMARIN®
(conjugated estrogens tablets)

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Please be sure to read the important information on the following page.

continued from page 174

"You have to try, Mama. Please?"

"Okay, okay. The newspaper?"

"Nope."

"My purse."

"Nope."

"A picture you made me?'

"Nope."

"What color is it?"

Onika looked up toward the ceiling. "Some are white and some are brown."

"Is it candy?"

"Nope."

"I give up. Just tell Mama what it is, please?"

"It's the mail!" she said, flinging her arms around the front of her body. She handed the envelopes to Bernadine. It was easy to tell which ones were bills. One was a letter. Addressed to her. From the Ritz-Carlton. Why would they be writing me? she wondered. Bernadine opened it as fast as she could. Another envelope was inside. The letter wasn't from the hotel. It was from James. The mind is a powerful thing, she thought.

"Mama, is 'freak' a bad word?" Onika asked.

Dear Bernadine: I guess you don't like to write or call, huh? I don't want to think you threw my business card away, and since your number's unlisted, I couldn't call, and you never told me where you worked. (I still have your card, Bernadine thought. But what was I supposed to do with it?)

"No," Bernadine said, " 'freak' is not a bad word."

I waited as long as I could to contact you, and since you never gave me your address, it took me the longest time to think about trying the hotel. I know you probably though night was something frivolous, but like you before I left, it meant more to me that. Much more.

"Elizabeth said it's a bad word."

"It's not a nice word, but it's not word."

"Can I say it?"

I buried my wife back in August, ar her sake, I'm glad she's not suffering more. I've also sold the house, and just everything in it. I don't need all the m ries, and definitely don't need the space.

"No, you can't say it."

"Why not?"

"Because it's not a nice word."

I want to see you again, Bernadine not for another one-nighter either. If t any truth to what's known as a "soul m then you're as close to it as I've ever I've tried to forget you, believe me, I've

BRIEF SUMMARY OF PRESCRIBING INFORMATION FOR THE PATIENT

PREMARIN® Brand of conjugated estrogens tablets

This Summary describes when and how to use estrogens and the risks of estrogen treatment.

ESTROGEN DRUGS

Estrogens have several important uses but also some risks. You must decide, with your doctor, whether the risks of estrogens are acceptable in view of their benefits. If you decide to start taking estrogens, check with your doctor to make sure you are using the lowest possible effective dose. The length of treatment with estrogens will depend upon the reason for use. This should also be discussed with your doctor.

USES OF ESTROGEN

To reduce menopausal symptoms. Estrogens are hormones produced by the ovaries. The decrease in the amount of estrogen that occurs in all women, usually between ages 45 and 55, causes the menopause. Sometimes the ovaries are removed by an operation, causing "surgical menopause." When the amount of estrogen begins to decrease, some women develop very uncomfortable symptoms, such as feelings of warmth in the face, neck, and chest or sudden intense episodes of heat and sweating ("hot flashes"). The use of drugs containing estrogens can help the body adjust to lower estrogen levels.

Most women have none or only mild menopausal symptoms and do not need estrogens. Other women may need estrogens for a few months while their bodies adjust to lower estrogen levels. The majority of women do not need estrogen replacement for longer than six months for these symptoms.

To prevent brittle bones. After age 40, and especially after menopause, some women develop osteoporosis. This is a thinning of the bones that makes them weaker and more likely to break, often leading to fractures of vertebrae, hip, and wrist bones. Taking estrogens after the menopause slows down bone loss and may prevent bones from breaking. Eating foods that are high in calcium (such as milk products) or taking calcium supplements (1,000 to 1,500 milligrams per day) and certain types of exercise may also help prevent osteoporosis.

Since estrogen use is associated with some risk, its use in the prevention of osteoporosis should be confined to women who appear to be susceptible to this condition. The following characteristics are often present in women who are likely to develop osteoporosis: white race, thinness, and cigarette smoking.

Women who had their menopause by the surgical removal of their ovaries at a relatively young age are good candidates for estrogen replacement therapy to prevent osteoporosis.

To treat certain types of abnormal uterine bleeding due to hormonal imbalance.

To treat atrophic vaginitis (itching, burning, dryness in or around the vagina) *and atrophic urethritis* (which may cause difficulty or burning on urination).

To treat certain cancers.

WHEN ESTROGENS SHOULD NOT BE USED

Estrogens should not be used:

During pregnancy. Although the possibility is fairly small, there is a greater risk of having a child born with a birth defect if you take estrogens during pregnancy. A male child may have an increased risk of developing abnormalities of the urinary system and sex organs. A female child may have an increased risk of developing cancer of the vagina or cervix in her teens or twenties. Estrogen is not effective in preventing miscarriage (abortion).

If you are breast feeding. Many drugs are excreted in human milk and can be passed on to your baby. Therefore, estrogen therapy should be used only when your doctor decides it is clearly necessary.

If you have had any heart or circulation problems. Estrogen therapy should be used only after consultation with your physician and only in recommended doses. Patients with a tendency for abnormal blood clotting should avoid estrogen use. This includes patients who currently have clots in the leg (thrombophlebitis), or any other part of the body (thromboembolic disorder). (See below.)

If you have had undiagnosed vaginal bleeding. If you have ever had abnormal bleeding from the vagina estrogens should not be used unless you have talked to your physician about this problem.

If you have had cancer. Since estrogens increase the risk of certain cancers, you should not take estrogens if you have ever had cancer of the breast or uterus. In certain situations, your doctor may choose to use estrogen in the treatment of breast cancer.

When they are ineffective. Sometimes women experience nervous symptoms or depression during menopause. There is no evidence that estrogens are effective for such symptoms. You may have heard that taking estrogens for long periods (years) after menopause will keep your skin soft and supple and keep you feeling young. There is no evidence that this is so and such long-term treatment may carry serious risks.

DANGERS OF ESTROGENS

Cancer of the uterus. The risk of cancer of the uterus increases the longer estrogens are used and when larger doses are taken. One study showed that when estrogens are discontinued, this increased risk of cancer seems to fall off quickly. In another study, the persistence of risk was demonstrated for 10 years after stopping estrogen treatment. Because of this risk, *it is important to take the lowest effective dose of estrogen and to take it only as long as you need it.* There is a higher risk of cancer of the uterus if you are overweight, diabetic, or have high blood pressure.

If you have had your uterus removed (total hysterectomy), there is no danger of developing cancer of the uterus. If you have your uterus, please refer to the section titled **"OTHER INFORMATION."**

Cancer of the breast. The majority of studies have shown no association with the usual doses used for estrogen replacement therapy and breast cancer. Some studies have suggested a possible increased incidence of breast cancer in those women taking estrogens for prolonged periods of time and especially if higher doses are used.

Regular breast examinations by a health professional and self-examination are recommended for women receiving estrogen therapy, as they are for all women.

Gallbladder disease. Women who use estrogens after menopause are more likely to develop gallbladder disease needing surgery than women who do not use estrogens.

Abnormal blood clotting. Taking estrogens may increase the risk of blood clots. These clots can cause a stroke, heart attack or pulmonary embolus, any of which may be fatal.

Heart disease. Large doses of estrogen in men have been shown to increase the risk of certain heart diseases. This may not necessarily be true in women. In order to avoid the theoretical risk of high doses, the dose of estrogen you take should not exceed the dose recommended by your doctor.

Excess calcium in the blood. Taking estrogens may lead to severe hypercalcemia in women with breast and/or bone cancer.

SIDE EFFECTS

In addition to the risks listed above, the following side effects have been reported with estrogen use:

- Nausea, vomiting; pain, cramps, swelling, or tenderness in the abdomen.
- Yellowing of the skin and/or whites of the eyes.
- Breast tenderness or enlargement.
- Enlargement of benign tumors of the uterus.
- Breakthrough bleeding or spotting.
- Change in amount of cervical secretion.
- Vaginal yeast infections.
- Retention of excess fluid. This may make some conditions worsen, such as asthma, epilepsy, migraine, heart disease, or kidney disease.
- A spotty darkening of the skin, particularly on the face; reddening of the skin; skin rashes.
- Worsening of porphyria.
- Headache, migraines, dizziness, faintness, or changes in vision (including intolerance to contact lenses).
- Mental depression.
- Involuntary muscle spasms.
- Hair loss or abnormal hairiness.
- Increase or decrease in weight.
- Changes in sex drive.
- Possible changes in blood sugar.

REDUCING RISK OF ESTROGEN USE

If you decide to take estrogens, you can reduce your risks by carefully monitoring your treatment.

See your doctor regularly. While you are taking estrogens, it is important that you visit your doctor at least once a year for a physical examination. Special attention should be given to blood pressure, breasts, abdomen, and pelvic organs. A Pap smear should be taken and tested at this visit. If members of your family have had breast cancer or if you have ever had breast nodules or an abnormal mammogram (breast x-ray), you may need to have more frequent breast examinations. Also be sure to let your doctor know if you have ever had liver or kidney disease, as this may affect the decision to use estrogen.

Reevaluate your need for estrogens. You and your doctor should reevaluate your need for estrogens at least every six months.

Be alert for signs of trouble. Report these or any other unusual side effects to your doctor immediately:

- Abnormal bleeding from the vagina.
- Pains in the calves or chest, a sudden shortness of breath or coughing blood (indicating possible clots in the legs, heart, or lungs).
- Severe headache, dizziness, faintness, or changes in vision, indicating possible clots in the brain or eye.
- Breast lumps.
- Yellowing of the skin and/or whites of the eyes.
- Pain, swelling, or tenderness in the abdomen.

OTHER INFORMATION

Some physicians may choose to prescribe another hormonal drug to be used in association with estrogen treatment for women with a uterus. These drugs, progestins, have been reported to lower the frequency of occurrence of a possible precancerous condition of the uterine lining. Whether this will provide protection from uterine cancer has not been clearly established. There are possible additional risks that may be associated with the inclusion of a progestin in estrogen treatment. The possible risks include unfavorable effects on blood fats and sugars. The choice of progestin and its dosage may be important in minimizing these effects.

Your doctor has prescribed this drug for you and you alone. Do not give the drug to anyone else.

If you will be taking calcium supplements as part of the treatment to help prevent osteoporosis, check with your doctor about the amounts recommended.

Keep this and all drugs out of the reach of children. In case of overdose, call your doctor, hospital, or poison control center immediately.

This Summary provides the most important information about estrogens. If you want to read more, ask your doctor or pharmacist to let you read the professional labeling.

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This Brief Summary for Direct-to-Consumer Advertising is based on the current Premarin Tablets insert, PI 4060-1, Issued June 6, 1990 with the incorporation, in lay language, of pertinent text from the Physician insert, CI 4079-1, Issued May 23, 1991.

71001

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Philadelphia, PA 19101

can't. That alone tells me something. ot interested in playing games, or start- mething I can't finish. I play for keeps, 'm not some dude just out to have a ime. (Oh, Lord, Bernadine thought, nts to see me again!)

/hat does it mean?"

/hat does what mean?" Bernadine l.

reak."

means weird."

now you're thinking that I'm probably ng and feeling sorry for myself, and may be some truth to that. But I knew in love with you long before we ever l the key to that hotel room. I'm not g you to make any promises or any of commitment. All I'm asking is if be willing to explore this relationship r. (Explore? I like that word. And That one sounds good, too. The was serious.)

ou let me say 'weird,' so why can't I reak,' Mama?"

ecause I said so, that's why."

be waiting to hear from you. Here's my er again. I hope you and your kids are fine. I really hope I get the chance to hem at some point. Love, James. P.S. e's anything you need, call me first.

)amn," she said out loud, and took a breath.

ou just said a bad word, Mama."

m sorry."

lama, what are you reading?"

letter."

rom who?"

friend."

an I try to read it?"

lo."

/hy not?"

ecause it's a letter to me, that's

/ere you taking another nap, a?"

es, I was."

low come you're smiling like that?"

ecause I feel good."

ou look weird," she said.

o do you," Bernadine said, and d Onika's nose between her fingers.

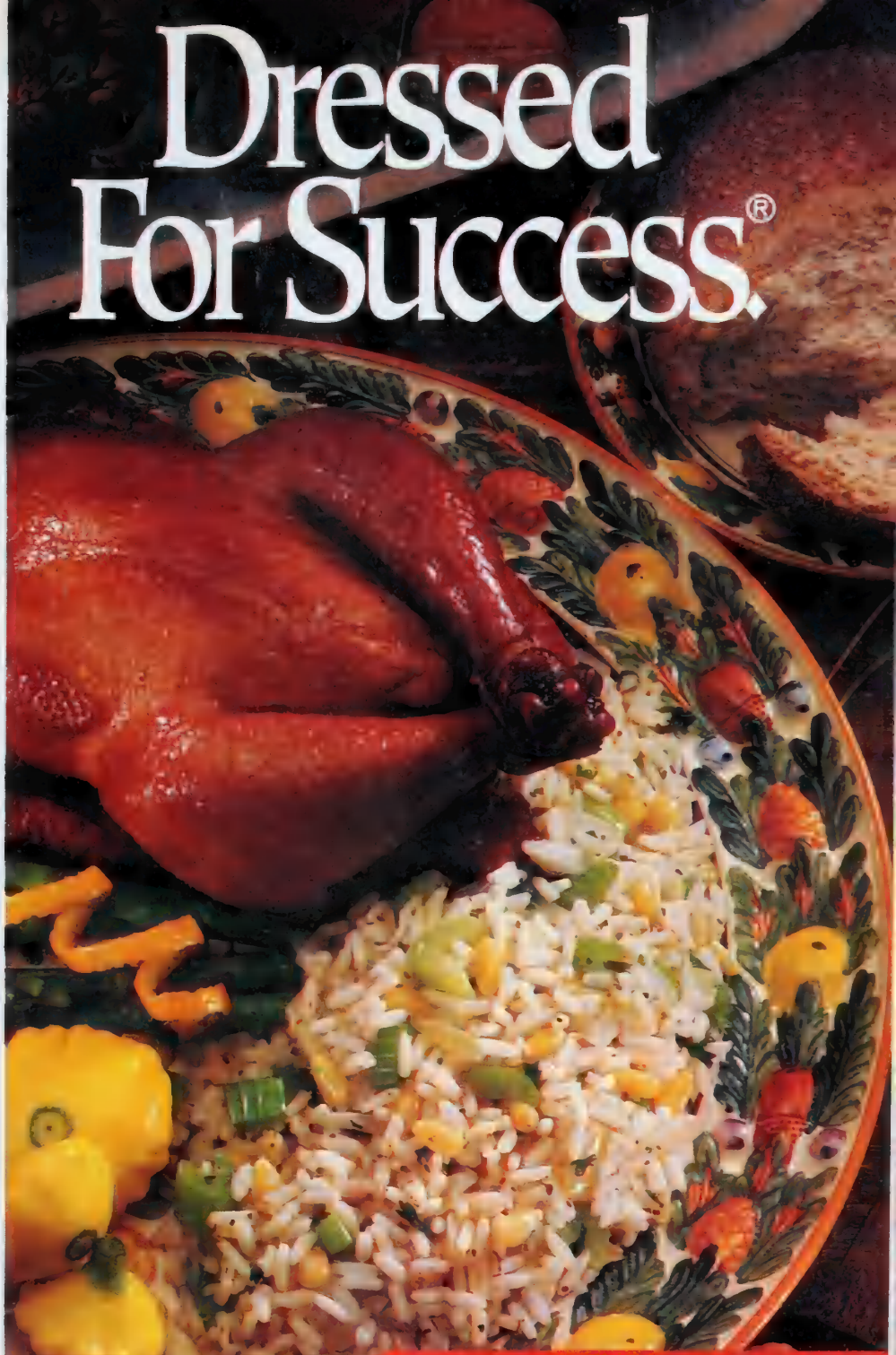
an I take a nap with you?" she l.

rnadine patted the empty side of the "Come on, jump in." Onika plunged he bed beside her mother.

od stopped crying," Onika said, ng out at the scarlet sun.

ie monsoons were strange like Bernadine thought, as she kissed etter, folded it, and put it in the er of her nightstand. She inhaled cent of rain and looked out at the ioise sky. Now there was a double ow. She put her arms around her hter and squeezed. "I don't know," said. "I don't think those were s tears at all. I do believe they're His way of making sure everything akes keeps growing." ■

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Success Rice
GUARANTEED PERFECT
Enriched Precooked
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SUCCESS® PINENUT DRESSING

1 bag Success Rice
½ cup chopped onion
½ cup chopped celery
1 tblsp. margarine
½ cup pinenuts
1 tblsp. fresh chopped parsley
½ tsp. poultry seasoning
½ tsp. salt
½ tsp. pepper
¼ cup chicken stock

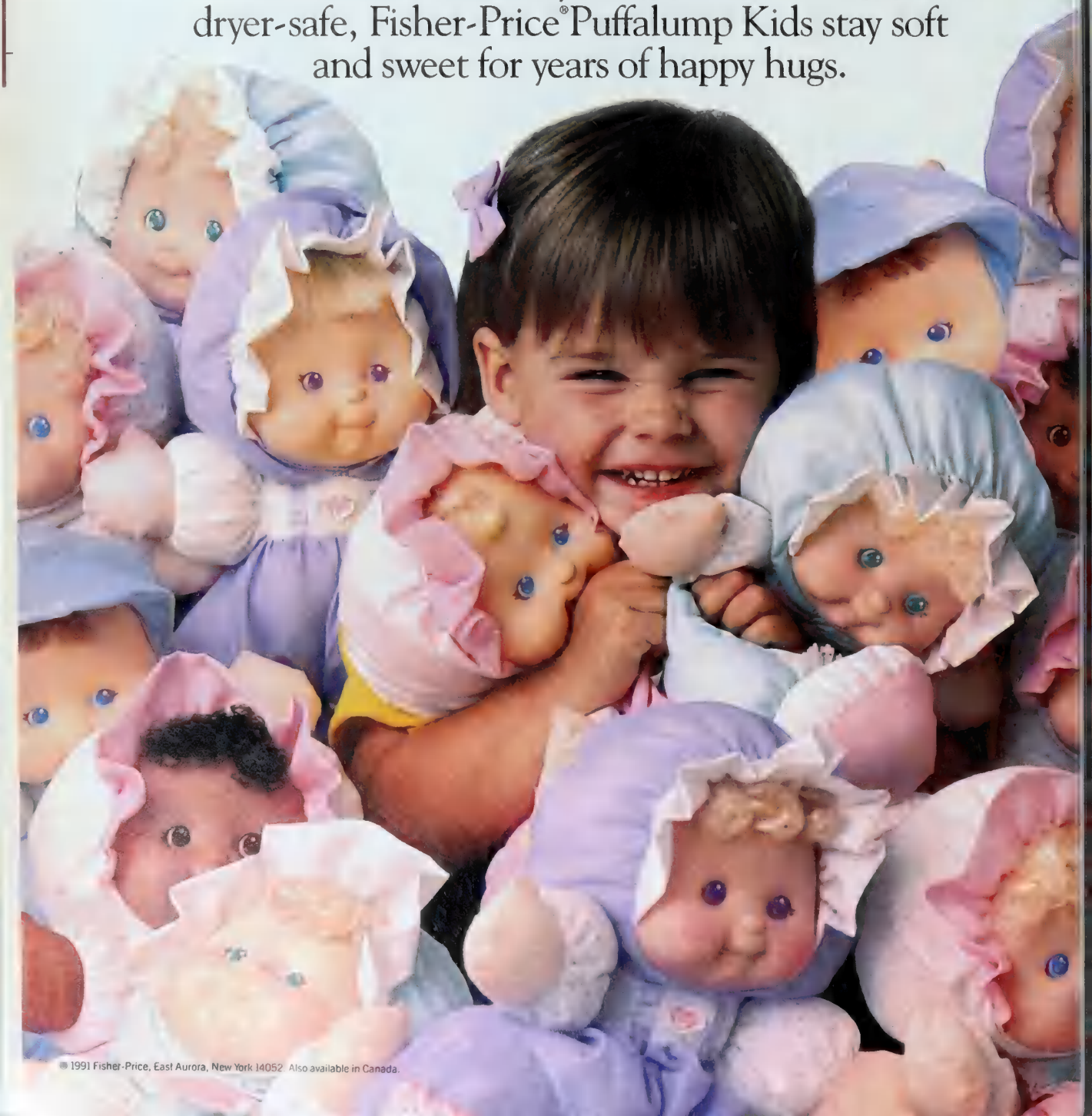
Cook Success Rice according to package directions. While rice is cooking, sauté onion and celery in margarine. Add pinenuts, parsley, poultry seasoning, salt and pepper. Fold in cooked rice. Add chicken stock. Serves 4.

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Here come the sweetest dolls your little doll will ever cuddle. Irresistibly soft Puffalump Kids are light as a feather and dressed for snuggling.

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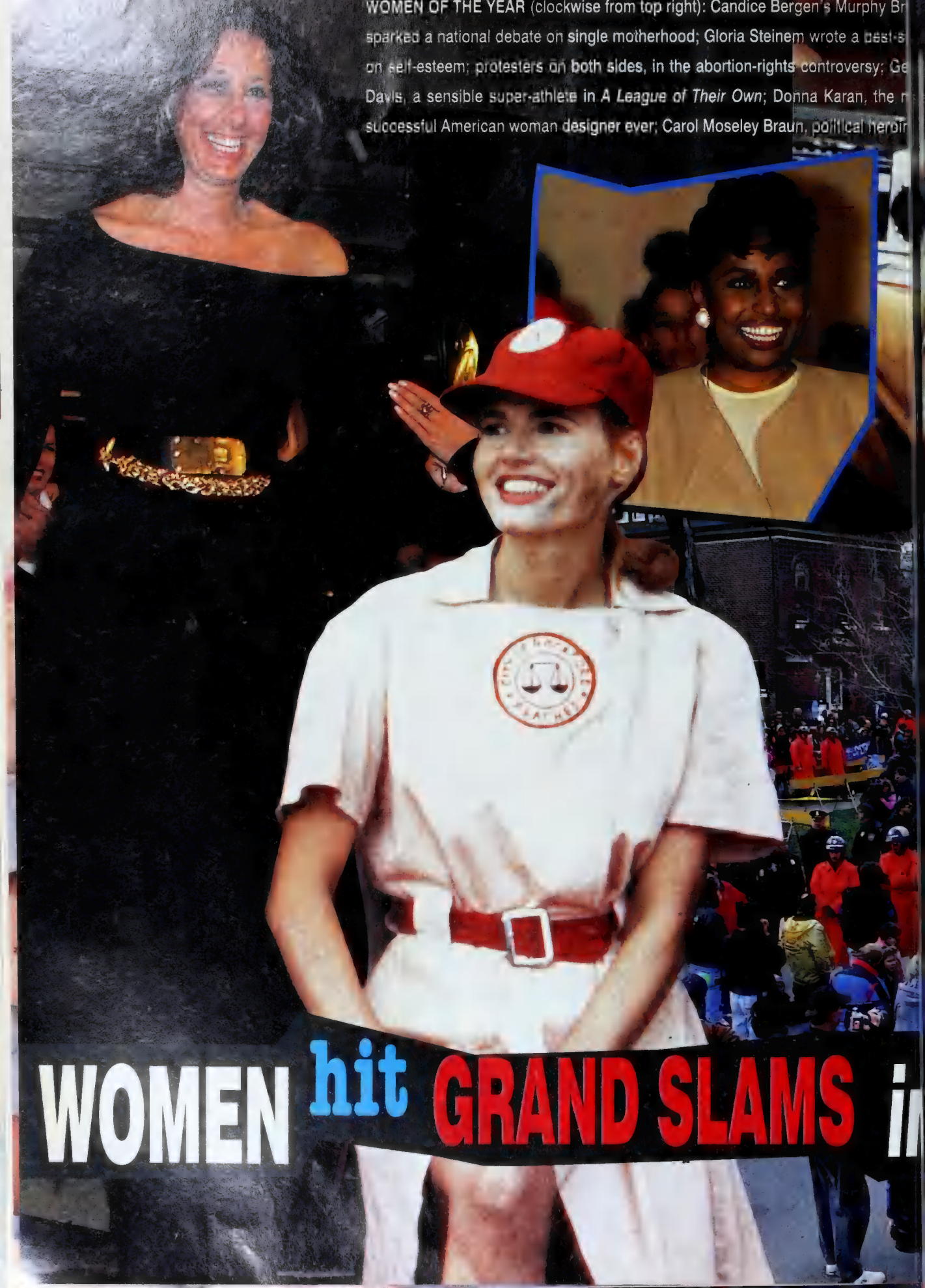


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What's hot? YOU ARE!

1992 IS UNQUESTIONABLY THE YEAR OF THE WOMAN AND HERE'S WHY

BY GAIL COLLINS



WOMEN OF THE YEAR (clockwise from top right): Candice Bergen's Murphy Br sparked a national debate on single motherhood; Gloria Steinem wrote a best-s on self-esteem; protesters on both sides, in the abortion-rights controversy; Ge Davis, a sensible super-athlete in *A League of Their Own*; Donna Karan, the m successful American woman designer ever; Carol Moseley Braun, political heroin

WOMEN hit GRAND SLAMS in





Almost every woman who ran for elective office this year, it seemed, had a story that summed it all up.

Washington Democrat Patty Murray, a candidate for the U.S. Senate, reminisced about a time before she entered politics, when she attempted to save an endangered neighborhood preschool program. "You can't make a difference. You're just a mom in tennis shoes," a state legislator told her. (Murray went home, organized twelve thousand other parents to support her cause, saved the program, and later was elected to the state senate.)

Representative Barbara Boxer (D-California), also a U.S. Senate candidate, told audiences about the day she and six other congresswomen tried to protest the Senate Judiciary Committee's handling of the Anita Hill affair. "We walked over to the floor of the Senate, and they wouldn't let us in—seven women from the House with eighty years' experience. They said: '*We don't let in strangers*.' "

Women have always been outsiders in American politics, even when they were sitting right in the middle of the old-boy network. Until very recently, the typical female elected official was about twenty years older than her male counterparts. "They generally ran for election after years of volunteer work," says Ruth B. Mandel, of the Center for the American Woman and Politics. For these women, a seat in the city council or state legislature was not the first step in a political career, but a reward for a life of community service. They gravitated toward issues that were low on controversy—in state legislatures, women always seemed to wind up chairing the subcommittee on animal welfare. The handful who made it higher often went out of their way to reassure the men they weren't potential troublemakers.

But we have come a long way—sort of. A political glass ceiling still hangs over Congress, where the percentage of women grew from a measly 4 percent in 1975 to a measly 6 percent in 1992. Still, there were *(continued)*

olitics, fashion and entertainment





PUBLIC AND PRIVATE (clockwise from top): The political aftershocks of Anita Hill's testimony are still being felt; Jessica Tandy and Kathy Bates, in *Fried Green Tomatoes*, a poignant portrayal of female friendship; Gail Sheehy, whose book on menopause broke the last taboo for women; Marilyn Quayle spoke ardently of family values; Jackie Joyner-Kersee brought home the gold—again; Dr. Frances Conley's charges of sexism at Stanford were vindicated; Lynn Yeakel, the political novice, staged a tough fight in Pennsylvania; Jodie Foster, new-style Hollywood star; Rhonda Cornum, Desert Storm POW who stood up for the right of women to serve in the military

'Honey, when you WOMEN aren'



(continued) more women running for Congress this year than ever before. And, for a change, most of them were not sacrificial lambs, thrown up as token opposition to a popular incumbent. Women won tough primaries in tough states like Illinois, California and Pennsylvania. They overcame all the usual "women-can't" arguments. (Can't raise money. Can't manage a statewide campaign.) There were so many on the ballot that for the first time, the idea of a woman at the very top of the political power structure began to seem *normal*. When Paul Tsongas's wife, Nikki, was asked if she would want one of her daughters to marry a presidential candidate, she said quickly: "I'd want her to *be* the candidate."

What difference does it make how many women we have making the laws? Well, the Congressional Caucus for Women's Issues has found quite a bit of unfinished business that the men of good will managed to overlook throughout the years. Overriding party differences, the caucus has fought to get the medical establishment to devote more attention to women's health issues, promoted legislation against sexual harassment and spousal abuse, and expanded women's access to credit as well as the pension rights of nonworking spouses.

But women can serve an even more important function in Congress—keeping in touch with the way the average American family lives.

Pat Schroeder, the veteran Democratic congresswoman from Colorado, loves to quote a study done a few years back that showed that out of 535 representatives and senators in Congress, only five had children under fourteen and a full-time working spouse. "Pat is going around saying: 'These people are not people who know what your lives are like,' " says Ruth Mandel. "If you're a woman, and you've brought up kids, or you've been a teacher or a nurse, or you've taken care of aging parents—you don't forget that." Says Patty Murray, "I don't see anybody like *me* up there. What I'm doing with my life—balancing kids, day care, baseball games, grocery store, laundry—is what millions of families are doing today. It's incredible that we don't have a voice on the Senate floor."

You did not have to oppose Clarence Thomas's nomination to the Supreme Court to feel that there was something wrong with the sight of an all-male Senate Judiciary Committee weighing Hill's charge of sexual harassment. "It goes to show that a democracy can't work unless the governing body reflects the texture of those being governed," says Representative Nancy Johnson (R-Connecticut). A retired steelworker put the same thought differently when he signed a nominating petition for Colorado Democratic Senate candidate Josie Heath: "Honey, when you women aren't there, we just aren't right."

Gail Collins is a columnist for New York Newsday.

here, we just aren't RIGHT"


THE
MYSTERY
OF
OPRAH
(AND 10 MILLION
OTHER WOMEN)



We're strong, successful, in control. So why can't we stop eating when we want to stop eating? A special report on the most common addiction of all

prah Winfrey is dieting again.
the summer break
popular talk show at
k Doral Resort and
Telluride, Colorado,
out for two hours a
ying her best to fol-
d-mean diet of 1,300
ushing 200 pounds
she emerged a good
after five weeks.
ho have followed
ups and downs, this
undeniable sense of
ne forget:
5'7" and 190 pounds,
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e 130 pounds after a
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l fat onto the stage
nal audience she'll
.

—News reports peg

(continued on page 270)

CASEY

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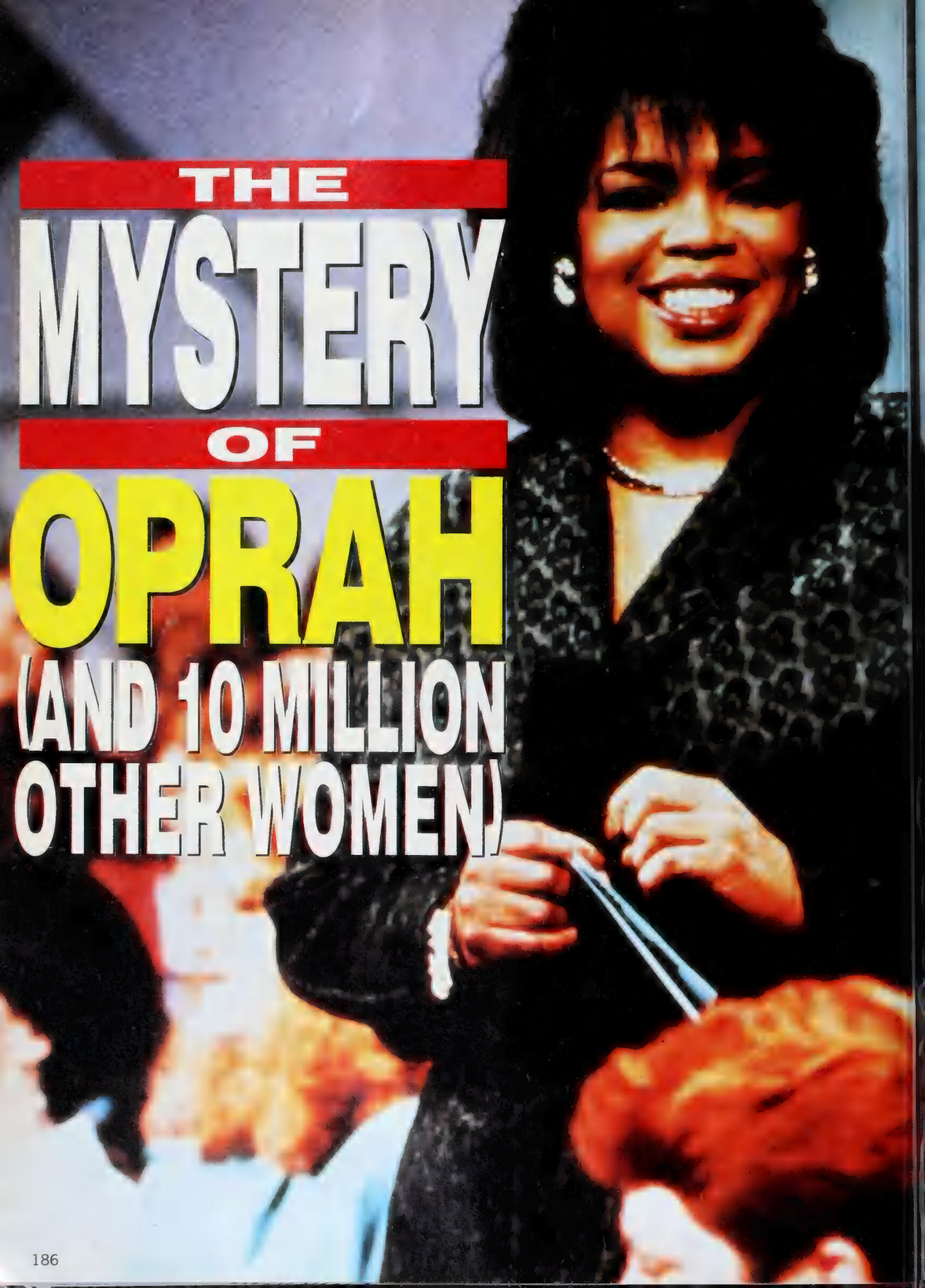
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THE
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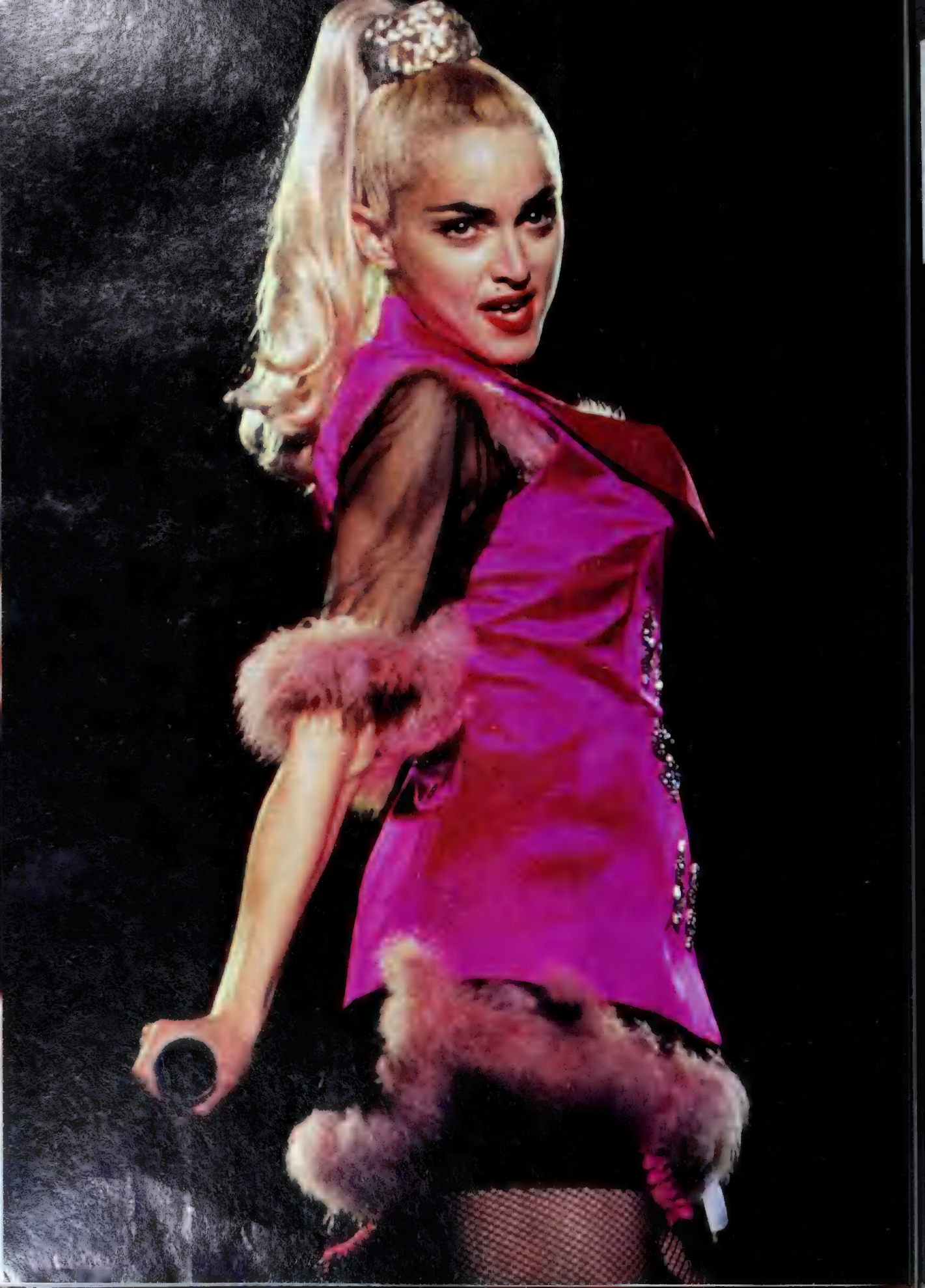
We're strong, successful, in control. So why can't we stop eating when we want to stop eating? A special report on the most common addiction of all

Oprah Winfrey is dieting again. She spent the summer break from her popular talk show at the swank Doral Resort and Spa, in Telluride, Colorado, working out for two hours a day and trying her best to follow a lean-and-mean diet of 1,300 calories daily. Pushing 200 pounds when she arrived, she emerged a good 10 pounds lighter after five weeks.

For those who have followed Oprah's dietary ups and downs, this scenario has an undeniable sense of déjà vu. Can anyone forget:

- 1987—Oprah, 5'7" and 190 pounds, cuts a portly figure on her year-old talk show.
- 1988—A svelte 130 pounds after a severe liquid diet, she wheels 67 pounds of animal fat onto the stage and tells a national audience she'll never be fat again.
- Summer 1991—News reports peg Oprah's *(continued on page 270)*

BY KATHRYN CASEY



MADONNA *revealed*

FOR THE PAST TEN YEARS, SHE HAS DONE ONE OUTRAGEOUS THING AFTER ANOTHER—AND GOTTEN AWAY WITH IT. NOW, WITH HER LATEST PROJECT, A BOOK OF EROTIC PHOTOS, HAS SHE GONE TOO FAR?

BY JOANNE KAUFMAN

A nude Madonna posing suggestively with the equally nude supermodel Naomi Campbell. Madonna in a provocative tableau with rapper Big Daddy Kane. These are just a few of the images alleged to be in Sex, a coffee-table book of fantasy erotic photographs, all featuring the one-time Material Girl wearing little or no material. Some people will be entranced by the display, some will be horrified, some will be titillated. Few will be indifferent.

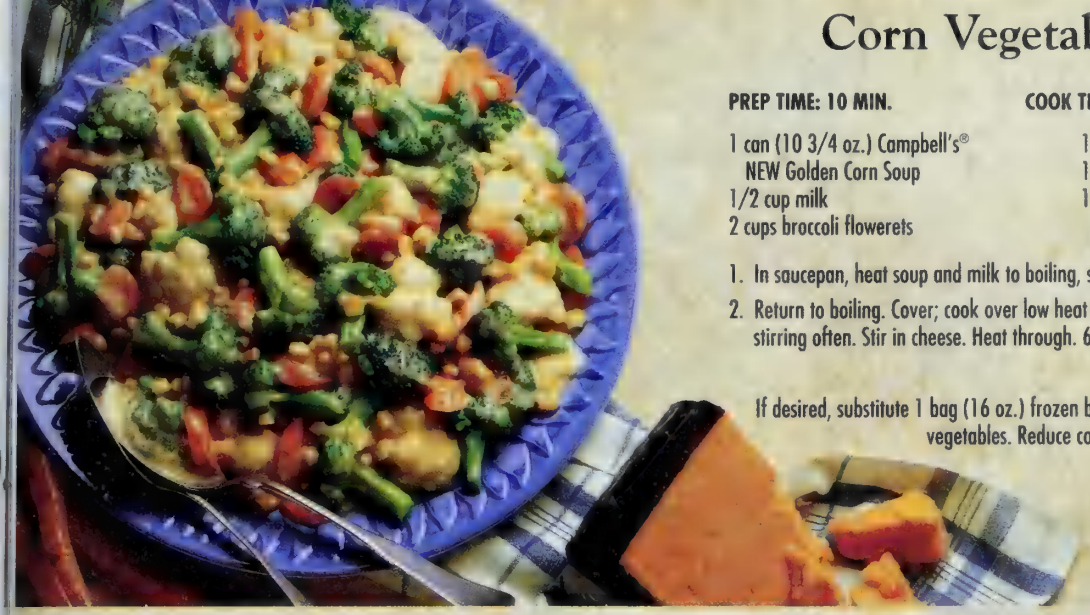
In any case, no one—but no one—will be *(continued)*

Introducing Campbell's Golden Corn Soup.



Now You're Cookin'.

M'm! M'm! Good!®



Corn Vegetable Medley

PREP TIME: 10 MIN. **COOK TIME: 25 MIN.**

1 can (10 3/4 oz.) Campbell's® NEW Golden Corn Soup
1/2 cup milk
2 cups broccoli flowerets
1 cup sliced carrots
1 cup cauliflowerets
1/2 cup shredded Cheddar cheese (optional)

1. In saucepan, heat soup and milk to boiling, stirring often. Stir in vegetables.
2. Return to boiling. Cover; cook over low heat 20 min. or until vegetables are tender, stirring often. Stir in cheese. Heat through. 6 servings.

If desired, substitute 1 bag (16 oz.) frozen broccoli, carrots and cauliflower for fresh vegetables. Reduce cooking time to 15 min.



killet Corn and Chicken

TIME: 10 MIN. COOK TIME: 25 MIN.

margarine
ess, boneless chicken breast
es
(10 3/4 oz.) Campbell's®
Golden Corn Soup
1/2 cup milk
2 cups broccoli flowerets
1/2 cup shredded Cheddar cheese
1/8 tsp. pepper

skillet, in hot margarine, cook chicken 10 min. or until browned. nove; set aside. Spoon off fat.

skillet, combine remaining ingredients. Heat to boiling. Return chicken skillet.

er; cook over low heat 10 min. or until chicken is no longer pink and ccoli is tender-crisp, stirring often. Garnish with tomato wedges and sh thyme if desired. 4 servings.



Golden Corn Stuffing Bake

PREP TIME: 10 MIN. **COOK TIME: 25 MIN.**

1 can (10 3/4 oz.) Campbell's® NEW Golden Corn Soup
1/4 cup each finely chopped celery and onion
1 1/2 cups Pepperidge Farm® Herb Seasoned or Cubed Herb Seasoned Stuffing
4 skinless, boneless chicken breast halves
1 tbsp. packed brown sugar
1 tbsp. margarine, melted
1 tsp. spicy brown mustard

1. Combine soup, celery, onion and stuffing. In 9" greased pie plate, spoon stuffing mixture. Arrange chicken over stuffing mixture; press lightly into stuffing.
2. Combine sugar, margarine and mustard; spread evenly over chicken.
3. Bake at 400°F. 25 min. or until chicken is no longer pink. Garnish with fresh sage if desired. 4 servings.

©1992 Campbell Soup Company

(continued) unaware of the book. Like her or not, approve of her or not, when thirty-three-year-old Madonna is up to something new, and needless to say, shocking, it's a shock felt 'round the world.

You can question her talent, you can certainly question her taste, but don't bother questioning her genius as a marketing and media strategist. She has sold over 80 million records worldwide and her net worth is about $75 million. Almost since the beginning of her career—a seventeen-year-old just off the plane from Detroit with $37 crumpled in her purse—Madonna has grabbed headlines. "The number-one thing she is doing with this book is breaking more taboos," says Camille Paglia, a humanities professor at the University of the Arts, in Philadelphia, and a longtime Madonna-watcher. "It's difficult for her to find new taboos, because she has broken so many."

Exactly. Even her name and the title of one of her earliest albums, *Like A Virgin*, seemed calculated to shock—if not to offend. Madonna began as a waif, quickly tossing that image aside in favor of lush curves, bras worn as outerwear, rosaries worn as jewelry and boy-toy belts—an image immortalized in her first movie, *Desperately Seeking Susan*. Then, desperately seeking a new look, she dyed her hair platinum à la Marilyn Monroe, lost weight, shaped up and began flashing impeccable pecs. The pecs, along with assorted other body parts, were given a workout in the videos that would soon follow: *Express Yourself*, with Madonna in a dog collar doing an S & M dance in a black rubber dress, and *Justify My Love*, with its hints of lesbianism, cross-dressing and group sex. And in the documentary *Truth or Dare*, one of the most infamous scenes showed the star performing fellatio on a bottle in front of her admiring dancers.

But though her next album is entitled *Erotica* and her next film, *Body of Evidence*, is so explicit that it drew an initial NC-17 rating, nothing Madonna has done *(continued on page 267)*

WHAT DO YOUR FANTASIES REALLY MEAN

WITH THE PUBLICATION OF MADONNA'S SIZZLING BOOK, SEXUAL FANTASIES ARE SUDDENLY A HOT TOPIC. BUT WHILE THE SUPERSTAR MAY BE UNINHIBITED, MOST OF US WORRY THAT WE FANTASIZE EITHER TOO MUCH OR NOT ENOUGH, OR THAT OUR SEXUAL DAYDREAMS ARE JUST PLAIN STRANGE. SO WHAT'S NORMAL, AND WHAT'S NOT? WE ASKED JUNE REINISCH, PH.D., DIRECTOR OF THE KINSEY INSTITUTE FOR RESEARCH IN SEX, GENDER AND REPRODUCTION AT INDIANA UNIVERSITY.

Is it normal to have sexual fantasies?

Certainly. If by normal you mean that most people do it, yes.

Why are fantasies such a turn-on?

They add variety and stimulation to one's sex life. And that is a very important aspect of being able to attain orgasm for many people. One of the big problems with having fully satisfying sex is watching and commenting on yourself. In other words, you say things like, "Am I getting excited? Am I close to orgasm?" That prevents many people from letting go, which is necessary to have an orgasm. A fantasy allows you to put your mind elsewhere, on something sexual or exciting, so that you're not critiquing your performance during arousal. Fantasy allows you to stop worrying about having an orgasm and to just enjoy the process. In fact, it's used in therapy for women who have difficulty reaching orgasm or have never had one.

Why do we fantasize?

Variety is an important aspect of human sexuality. You can experience it through your thoughts and not have to do it by changing partners all the time. A lot of couples have very limited time and very few places where they can have sex. If you can make love only in your bedroom after ten P.M. when the kids are in bed and you can lock your door, fantasy helps to enhance that experience.

Also, in this time of deadly sexually transmitted disease, we want people to be able to build sexual and sensual relationships that are long-lasting and satisfying. For many people, fantasy is an important part of that.

Who fantasizes more—men or women?

Research indicates that men fantasize more often than women do. But women do fantasize—at least at some time.

What are women most likely to fantasize about?

The most popular fantasy is not about being with somebody else. Research shows that it's most common to fantasize about your partner, and that appears to be true for men *and* women. You may think about a particularly delicious experience that you've had in the past, or you may put him in your fantasy. For example, *(continued on page 268)*



"WHY IN THE WORLD WOULD ANYBODY SHOP IN A DEPARTMENT STORE?"

You park about a mile away, you wander from floor to floor. The prices are astronomical... I start laughing sometimes. Who can afford to pay this much? Especially when there's a T.J. Maxx close by... A little browsing, and you come up with the same clothes, but at a price that makes sense. You can even splurge a little!

Shopping's more fun at T.J. Maxx.

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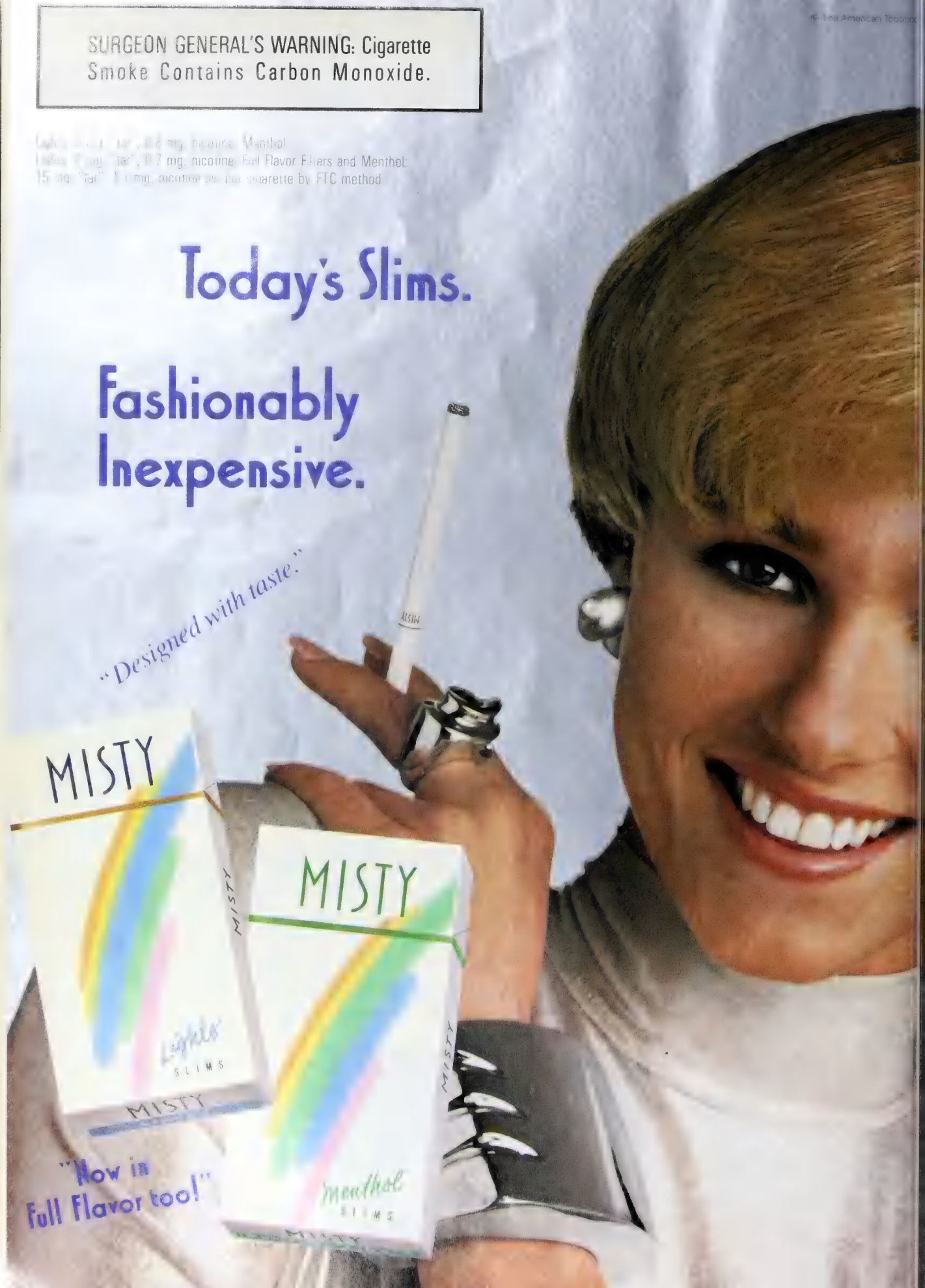
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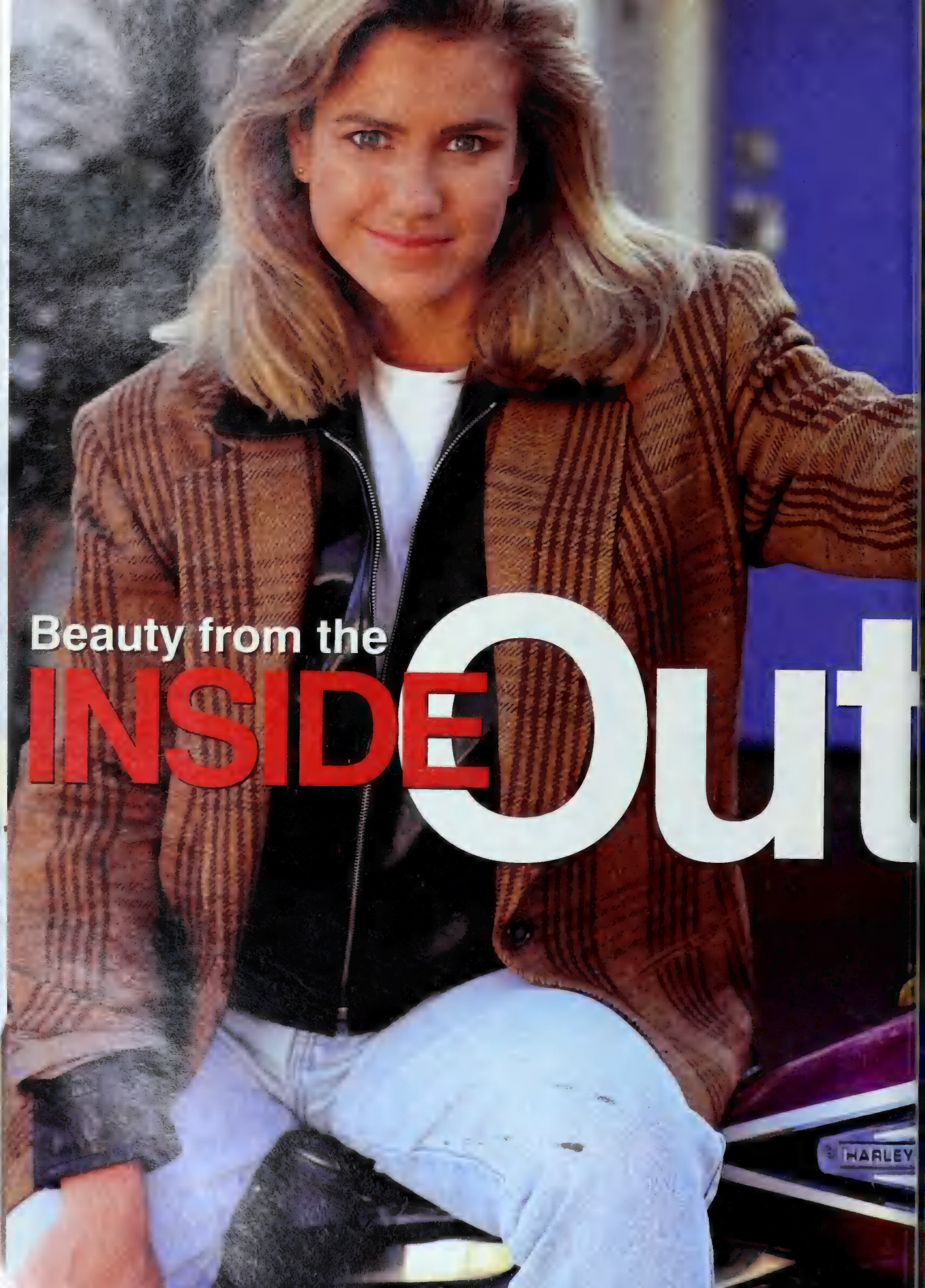
"Now in Full Flavor too!"



THE trend report

TWO HOT TV STARS, NORTHERN EXPOSURE'S CYNTHIA GEARY AND KEY WEST'S JENNIFER TILLY, SHOW OFF THE SEASON'S MOST-WANTED LOOKS

BY LOIS JOY JOHNSON
BEAUTY AND FASHION DIRECTOR


Beauty from the
INSIDE Out
HARLEY



BEAUTY IS HEADING IN TWO DISTINCT DIRECTIONS RIGHT NOW: THE NATURAL LOOK, WHAT WE CALL BEAUTY FROM THE INSIDE OUT, AND THE GLAMOUR LOOK, OR BEAUTY FROM THE OUTSIDE IN. AT LEFT, CYNTHIA GEARY, WHO PLAYS A FREE SPIRIT NAMED SHELLY ON THE HIT SHOW "NORTHERN EXPOSURE," IS DOWN-TO-EARTH OFF-CAMERA, TOO. "I LIKE A NO-MAKEUP LOOK, AND I USUALLY WEAR WHITE T-SHIRTS, JEANS AND COWBOY BOOTS," SHE SAYS. ACCORDING TO AGOSTINA, WHO DID GEARY'S MAKEUP AND WHOSE CLIENTS INCLUDE SUCH NATURAL BEAUTIES AS JODIE FOSTER AND ALI MCGRAW, "A NATURAL LOOK DEPENDS ON THE COLORS AND SHEER APPLICATION OF THE PRODUCTS." HER BEST TIPS: THE LESS FOUNDATION THE BETTER; CHOOSE SHADOWS THAT ENHANCE YOUR EYES—REDDISH BROWN FOR BLUE EYES, PLUMMY BROWN FOR GREEN EYES, YELLOW-BROWN FOR BROWN EYES.

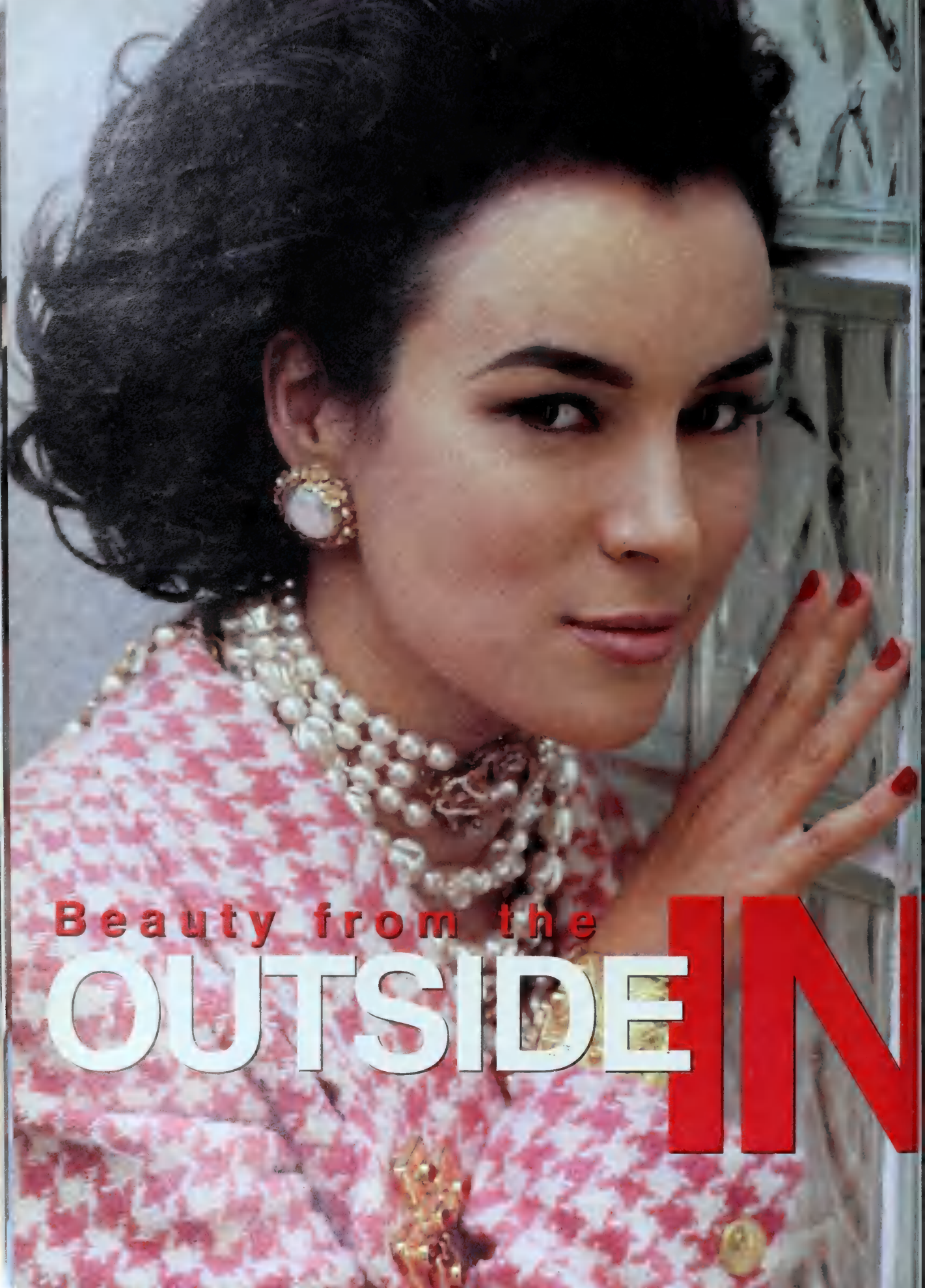
Far left: blazer and jeans, DKNY; leather jacket, Agnes b.; T-shirt, The Gap. Left: suit and belt, DKNY; T-shirt, The Gap; sunglasses, Morgenthal-Frederics; earrings, Trifari; lustery, Calvin Klein.


Beauty from the
INSIDE Out



THE INSIDE-OUT BEAUTY TREND IS MORE THAN DRESSED-DOWN FASHION AND EARTHY MAKEUP. IT'S ABOUT TAKING REALLY GOOD CARE OF YOURSELF—BECAUSE WHEN YOU FEEL GOOD, YOU LOOK GOOD. "I WORK OUT WITH A TRAINER IN SEATTLE WHERE I LIVE," SAYS GEARY. (THE SERIES IS FILMED IN ROSLYN.) "I LIFT WEIGHTS, RUN SPRINTS, DO BUTT-KICKS AND SIDE-TO-SIDE JUMPING AND WATER-SKI AS MUCH AS I CAN. I EVEN SKI AT NIGHT WITH A DIVER'S FLASHLIGHT!" WHAT'S THE LATEST FITNESS CRAZE ON LAND? STEP AEROBICS. ACCORDING TO GIN MILLER, CREATIVE DEVELOPER FOR STEP REEBOK AND THE INVENTOR OF THE STEP, "APPROXIMATELY ONE AND A HALF MILLION PEOPLE A WEEK ATTEND STEP CLASSES. IT INVOLVES LOW-IMPACT THIGH TONING, BUTTOCKS TIGHTENING, A LOT OF LEG STRENGTHENING—AND WOMEN ESPECIALLY LOVE IT."

Far left: shirt and jeans, DKNY; belt, Billy Martin's, NYC. Left: shirt and tee, The Gap; skirt, Billy Martin's, NYC; boots, Buffalo Chips, SoHo; bracelet, Fragments.


Beauty from the
OUTSIDE IN

UNLESS YOU EXPERIMENT, YOU MAY NEVER FIND THE STYLE THAT EXPRESSES YOUR PERSONALITY," SAYS JENNIFER TILLY, A PERFECT EXAMPLE OF OUTSIDE-IN BEAUTY. TILLY, WHO STARS WITH FISHER STEVENS ON "KEY WEST," HAS TWO MOVIES COMING OUT NEXT MONTH: "MADE IN AMERICA," WITH TED DANSON AND WHOOPI GOLDBERG, AND "SHADOW OF THE WOLF," WITH DONALD SUTHERLAND. ON OUR SHOOT, MAKEUP ACE BETHANY KARLYN (WHOSE CLIENTS INCLUDE SARAH JESSICA PARKER AND MOLLY RINGWALD) TRANSFORMED TILLY INTO FOUR DIFFERENT GLAMOUR GIRLS BY CHANGING HER HAIR AND MAKEUP. "I FIND THAT A LOT OF WOMEN ARE TIRED OF 'NATURAL' AND WANT A CHANGE," KARLYN SAYS. HER BEST TIPS: CREATE A STRONGER EYE—A WELL-DEFINED BROW AND A FEW FALSE LASHES AT THE OUTSIDE CORNER. SKIN MUST LOOK FINISHED—USE A CREAM COMPACT OR DUAL POWDER FOUNDATION. WHEN EYES ARE STRONG, CREATE A SOFT LIP. USE VITAMIN E BALM AS A BASE, THEN COLOR OVER IT WITH LIP PENCIL.

Jennifer Tilly: hair, Cemal of Cloutier; makeup, Bethany Karlyn of Celestine L.A. Left: suit, Genny; necklaces, earrings, bracelets, Miriam Haskell; cross necklace and pin, Christian Lacroix. Right: necklace, Miriam Haskell; bra, Capucine Puerari; slip, Jeune Europe; gold bonnet, Solis Dryinghood.



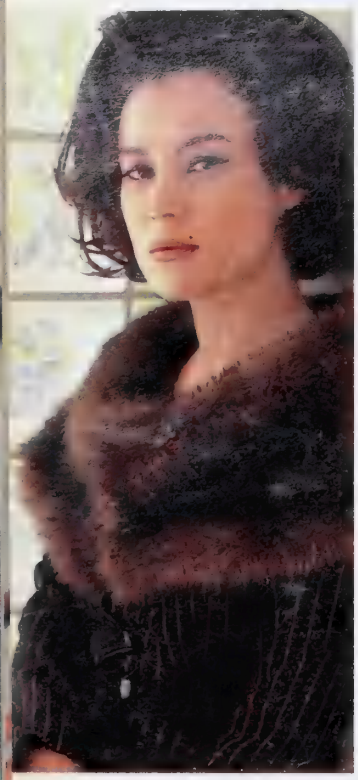


ANOTHER MAJOR OUTSIDE-IN TREND IS GLAMOUR HAIR. CEMAL, TILLY'S HAIRSTYLIST ON OUR SHOOT, ALSO WORKS WITH MELANIE GRIFFITH, JANINE TURNER AND SHERILYN FENN. "WOMEN WANT A SEXY LOOK—HEALTHY HAIR WITH MOVEMENT AND BODY, NOT A STIFF AND TEASED MANE," CEMAL SAYS. "WOMEN ARE READY TO DO THINGS AGAIN TO GET A LOOK—SETTING HAIR OR BLOWING IT SMOOTH. TWO POPULAR LENGTHS NOW THAT ARE UNIVERSALLY FLATTERING ARE SHOULDER-LENGTH OR A LITTLE ABOVE, AND CHIN-LENGTH. EVEN WIGS AND HAIRPIECES ARE IN AGAIN, AS LONG AS THEY LOOK AS NATURAL AS POSSIBLE, NOT TOO WIGGY." HAIRSPRAY IS THE KEY NOW TO MAINTAINING STYLED HAIR—ACCORDING TO A RECENT REPORT FROM L'ORÉAL, SALES HAVE EXCEEDED $700 MILLION ANNUALLY. IN FACT, L'ORÉAL HAS JUST LAUNCHED EIGHT NEW STUDIO LINE MIGHTY MIST PRODUCTS. ASIDE FROM HAIRSPRAY, CEMAL LIKES JOHN FRIEDA'S FRIZZ-EASE TO SMOOTH WAVY HAIR, SEBASTIAN THICK ENDS TO CONDITION ENDS, AND PHYTOVOLUME ACTIF BY PHYTOTHÉRATHRIE TO ADD VOLUME AND MAKE ANY HAIR TYPE MORE MANAGEABLE.

Left: suit and earrings, Gemma Kahng. Right: blouse, Christian Lacroix; pants, Genny; shoes, Fendi; necklace, Fragments.


Beauty from the
OUTSIDE IN

Faith Popcorn, founder and chairman of BrainReserve, a NYC-based marketing and trend analysis firm, sums up the new looks best: **Self-transformation**, *the desire to reinvent yourself, is one of the trends we're going to see more of in beauty and fashion. Women use style disguises. Madonna is a good example—one minute she's working out, showing her toned body in cutoffs, a tee and no makeup, and the next minute she's dressed to kill." It's true that some women exhibit both inside-out and outside-in styles and attitudes. But most of us identify with one or the other. Below, which look most closely reflects your personality?*



THE OUTSIDE-IN BEAUTY

You really love makeup and clothing and often experiment with different looks. Here are a few of your favorite things: ● Sexy lingerie. According to Karen Bromley, spokesperson for The Intimate Apparel Council, "In 1991, lingerie sales in the U.S. were $7.2 billion!" The big sellers: lacy underwire bras, bodysuits and body shapers. ● Accessories. Outside-in beauties are stocking up on accessories to change their wardrobes instantly. What are they buying now? Giant pearls, chain belts, berets and fabric-covered hair accessories. ● Quick-change products: 1. Colored contact lenses (Durasoft offers translucent and opaque lenses—translucent can make blue eyes bluer, opaques can make your brown eyes blue). 2. A self-tanning product. For a light, year-round tan, try: Vaseline Intensive Care Moisturizing Sunless Tanning Lotion or Revlon Pure Radiance Self Tanner. 3. Velcro rollers and wigs. "Women are much more daring again with their hair," says José Eber, of the José Eber Salon in Beverly Hills. ● Fabulous eyes. According to Amy Frankel, Revlon's executive vice-president of marketing, "Eye makeup, especially mascara and liner, is a very strong seller. Brow makeup is big, too." Every outside-in makeup kit should include: Max Factor's SKINNY! Ultra-Thin Eyeliner in Sienna, Revlon Color Studio Double Thick Waterproof Mascara, Revlon Natural Brows Color & Style System.

THE INSIDE-OUT BEAUTY

COMFORT AND EASE ARE YOUR NUMBER-ONE PRIORITIES. YOU MAINTAIN A LOW-KEY LOOK AND FOCUS INWARD, ON YOUR BODY. YOU RELY ON: ● SPA TREATMENTS. WHETHER IT'S A SPA-INSPIRED BATH PRODUCT FOR HOME OR A FEW HOURS AT A DAY SPA, INSIDE-OUT BEAUTIES ARE INTO EVERYTHING FROM WHIRLPOOL SOAKS TO FULL-BODY MASSAGES. IN DEPARTMENT STORES, THE COUNTERS TO SEEK OUT FOR FACIALS AND MASSAGE ARE LANCÔME INSTITUT DE BEAUTE, CLARINS AND CHANEL. AT HOME, TRY ELIZABETH ARDEN SPA FOR THE BATH AND BODY. ● LAYERING. LOTS OF INSIDE-OUT BEAUTIES SLIP ON BLACK COTTON/LYCRA WORKOUT WEAR AS A BASE FOR BIG, EASY JACKETS, SWEATERS AND WRAP SKIRTS. BLACK LEGGINGS, BIKE SHORTS, T-SHIRTS AND UNITARDS ARE WARDROBE STAPLES. EFFORTLESS STYLE SOURCES: THE GAP, J. CREW, DKNY, ANN TAYLOR. ● REAL MAKEUP. "THE WORD REAL IS THE HOT WORD IN MAKEUP NOW," SAYS AMY FRANKEL OF REVLON. "WOMEN SAY THEY WANT TO LOOK 'REAL.' BUT THEY'RE NOT USING FEWER COSMETICS TO GET A REAL LOOK. YOU NEED JUST AS MANY PRODUCTS." NATURAL-MAKEUP MUST-HAVES: MAYBELLINE EXPERT EYES SHADOW COLLECTION IN THE SUEDES; REVLON DAY INTO NIGHT SHADOW STICK IN NONSTOP NUDE; LANCÔME ROUGE SUPERBE IN NATURELLE AND COCOA RHUM; L'ORÉAL SOFT EFFECTS EYE COLOUR IN BUFF AND TERRA; COVER GIRL NATURALEYES BREEZE-ON SHADOW IN SOFT TAUPE, AND REVLON OUTRAGEOUS LIPCOLOR IN HOT GINGER.





"She'll finally love her smile as much as I always have."

"I always thought Suzanne had the sweetest smile. She didn't agree. I guess maybe all moms feel that way about their children. But all it took was one trip to the orthodontist to open my eyes.

"He agreed that based on looks alone braces might not be necessary. But there was a lot more to it than that. He explained that her problem would only get worse and could cause problems down the road much more serious than a little self-consciousness. That was all I needed to hear.

"Before long Suzanne will have a smile that makes her happy, but just as important it will be a healthy smile. And the modest cost paid on a monthly basis was just right for my budget."





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Just send us the coupon below and a picture of yourself with a big, toothy grin. We'll send back a picture that will show you what your smile might look like after braces.

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Forty-seven floors above one of New York City's stylish East Side neighborhoods, Barbara Taylor Bradford's soft-peach living room is both dramatic and soothing

THE PERFECT SETTING

Before Barbara Taylor Bradford became a best-selling author, she was a popular decorating columnist. Here, this woman of substance invites you inside her home—and shares her secrets to great style. By Leslie Lampert



For Barbara Taylor Bradford, reportedly the highest paid female author of all time (she recently signed a contract with HarperCollins for nearly $30 million), interior design plays an important role in life as well as work. "I love to be surrounded by beautiful things," says the author, who writes daily in her home office. "I like soothing environments that don't jar the senses, particularly when I'm hard at work inventing characters and plots all day."

Because she spends so much time working indoors at her desk, Barbara is very particular about what she looks at when she isn't putting pen to (*continued*)





Barbara Taylor Bradford's office/sitting room, above left, was designed like an English parlor. The far wall is filled with her books (published in eighty-two countries and twenty-six languages); the opposite wall, with literary favorites. The author writes her manuscripts in longhand at her Victorian walnut desk. Above right, the formal dining room combines antique French chairs with a modern glass table. Built-in alcoves display cranberry, cobalt and antique-green glass

(continued) paper. That's why her English-style office/sitting room displays some of her favorite collections—including antique teapots, silver boxes and prized dog paintings. Throughout the room are fresh flowers and favorite finds from flea markets and antiques stores for Barbara to admire between bursts of creative inspiration.

Barbara's keen eye for detail and her background as a decorating editor contribute greatly to creating interesting settings for all her books—from *A Woman of Substance* to her most recent novel, *Remember* (out in paperback this month). The beauty of her fictional settings are, in fact, as important to her as her real-life environment.

Born in Leeds, England, Barbara began her writing career as a reporter for the *Yorkshire Evening Post* at sixteen. After stints at various newspapers and magazines, she came to New York, where she wrote a decorating column, "Designing Woman," for the New York *Daily News*. She also began writing decorating books and published six in all. After thirteen years of writing her column and "fiddling with fiction," *A Woman of Substance* was published in 1979.



A framed collection of best-seller lists featuring her novels is displayed in the author's office

Since then, Barbara has been devoted to writing novels, working weekdays from five A.M. till six P.M. with a midday break for lunch and a walk with her beloved bichon, Gemmy. Dinnertime is usually shared quietly with her husband, Bob, producer of her mini-series. "Sometimes, at the end of the day, I'm speechless. I've lived all these lives I've made up, and often I just run out of words."

In composing her personal style at home, Barbara's passion for antique furniture and accessories is influenced by her love of history. Although she considers herself a classicist, "I'm not a purist," says the author. "I like a mix of objects that have special meaning to me, welded together by color and a sense of place and time."

Living room: antique Aubusson pillow, The Pillowry, NYC; bronze sphinxes, Pimlico Way, NYC. Office: ironstone bowl, Pimlico Way; Victorian needlepoint pillow on chair, The Pillowry. Bedroom: linens, Schweitzer Linens, NYC; blanket cover and lingerie, Frette, NYC.



The Bradfords' soft, romantic bedroom features an all-white bedding ensemble that mixes antique French-lace pillow shams with luxurious French linens



DESIGNER'S NOTEBOOK
BY BARBARA TAYLOR BRADFORD

YOUR HOME SHOULD BE A REFLECTION OF YOU AND YOUR INDIVIDUAL TASTE. WHETHER YOU'RE A TRADITIONALIST OR A MODERNIST, THE CHOICES YOU MAKE COMBINE TO CREATE YOUR PERSONAL STYLE. BELOW, SOME TIPS FOR BUILDING *YOUR* SIGNATURE LOOK

■ Don't be afraid of color. Use it to give a room dimension, tranquillity, spaciousness, coziness or personality. Pale colors and pastels recede, reflect light, and help to create the illusion of openness. Use them in small or dark rooms. Underfoot, the same colors visually expand floor space. Dark colors work magic in the opposite way. Use them in large rooms to introduce intimacy.

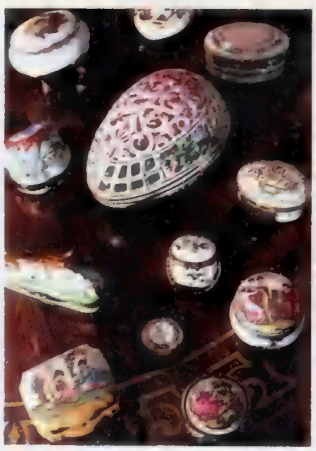
■ Blues, greens and white create a cool mood; choose them for overly sunny rooms. Bright hues like yellow, orange and red have the reverse effect; use them in rooms that get minimal sunlight.

■ Your color scheme might begin with a favorite wallpaper, fabric, area rug, painting, or decorative object, such as a vase or an antique porcelain plate. To choose complementary accessories, pick another color from this object for pillows, prints and upholstered furniture.

■ Create drama with wonderful draperies and an unusual valance to dress windows or enclose a bed; clever spot lighting; a well-displayed and illuminated collection of favorite objects or works of art.

■ Personality can be introduced into a room through the skillful use of accessories. You can make a hobby out of collecting some of the items you will display. I have great fun looking for antique teapots, for instance, which I arrange on bookshelves along with my novels. You might want to collect snuffboxes, antique silver spoons or glass paperweights.





Barbara's antique teapots and porcelain boxes are just two of the many prized collections she exhibits

■ To add charm to your kitchen, fill an open hutch or a baker's rack with tureens, pitchers or colorful dishes; hang a pot rack from the ceiling and suspend copper pots and pans from it.

■ Cleverly hung paintings, in a grouping over the sofa, make a definitive statement. A collection of unusual prints or even art posters are also good choices.

■ Use antique lace and linen pillows to dress up a bed and make a feminine statement. Fill a sofa with needlepoint pillows you've made or bought.

■ When choosing an overall theme, make sure fabrics and wallcoverings echo the design period of the furniture. Select one primary theme, like French provincial or English country. Or combine modern furniture and antiques for an eclectic look like mine.

■ Remember that wallcoverings need not be limited to paper or paint—you can be quite creative. I cover my walls in fabrics (including leather), which, when padded first, provide added insulation and acoustic benefits along with a rich, textured look.

PEERLESS® MEANS THE DIFFERENCE BETWEEN A PIT AND A PEACH.



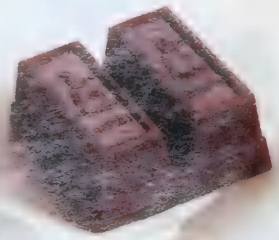


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Go from real chocolate to holiday fudge in just one bowl.



Real chocolate makes this holiday fudge a luscious gift. Melt a square of Baker's® Chocolate in your microwave and you can do your melting and mixing in one bowl.

With Baker's® One Bowl™ Recipes, real chocolate holiday baking is irresistibly easy.

BAKER'S® ONE BOWL™ HOLIDAY FUDGE

- 1 package (8 squares) BAKER'S® Semi-Sweet Chocolate
- 2/3 cup sweetened condensed milk
- 1 teaspoon vanilla
- 1/8 teaspoon salt
- 1/2 cup chopped nuts (optional)

MICROWAVE chocolate and milk in 1 1/2-quart microwavable bowl on HIGH 2 minutes, stirring after 1 minute. *Stir until chocolate is completely melted and smooth.*

STIR in vanilla, salt and nuts. Spread in greased 8x4- or 9x5-inch loaf pan.

Refrigerate until firm, about 2 hours. *Makes about 2 dozen pieces.*



NOTE: Recipe can be doubled; spread in greased 8-inch square pan.

Experience REAL CHOCOLATE



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FOOD JOURNAL

Fast, easy and *elegant*

OUR RECIPE FOR A MOST DELIGHTFUL SEASON: A BRING-A-DISH THANKSGIVING DINNER, TREND-SETTING PARTY MENUS, FABULOUS DESSERTS AND DESIGNER CENTERPIECES YOU CAN MAKE. ENJOY!

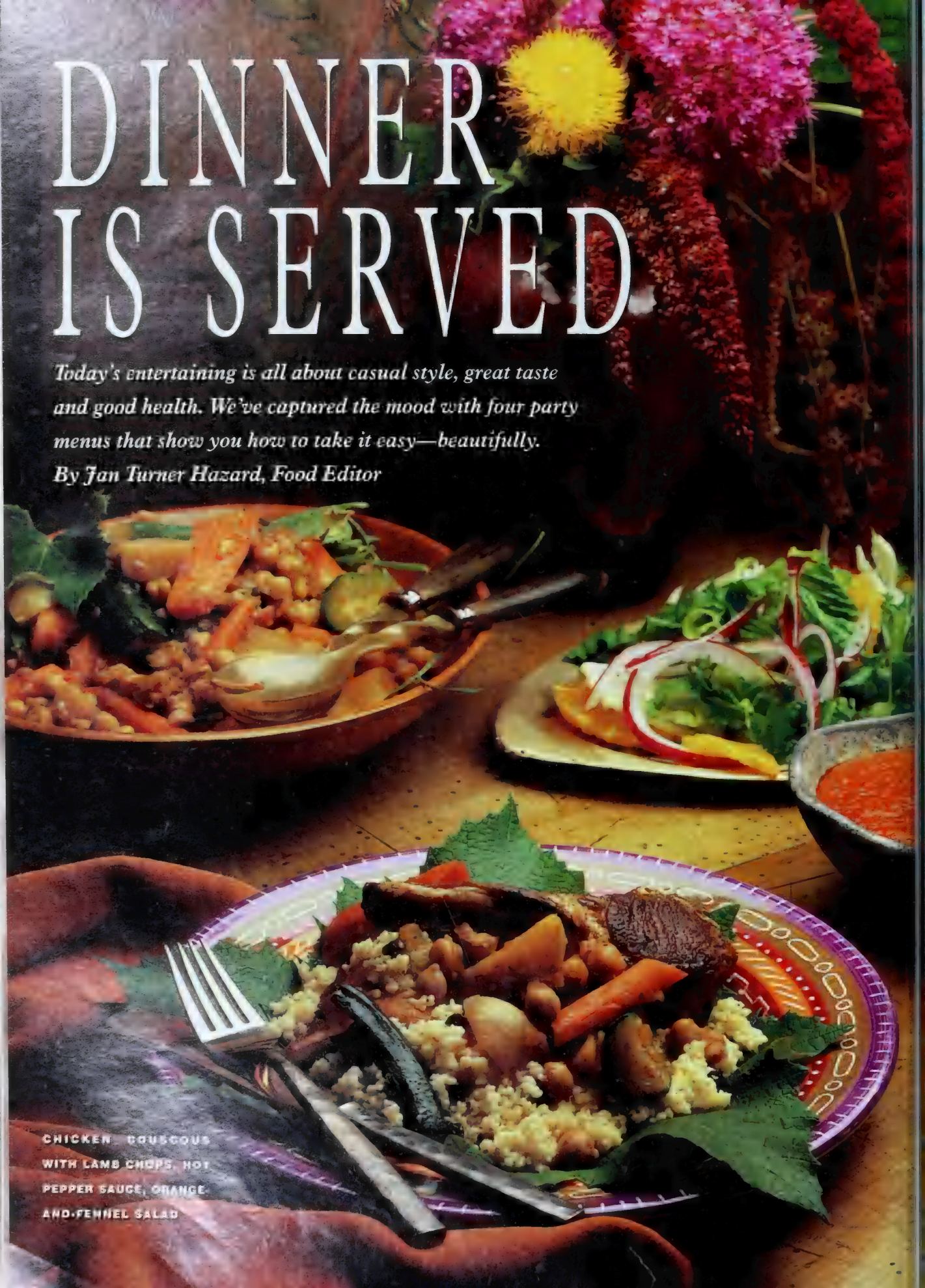
BY JAN TURNER HAZARD, FOOD EDITOR



DINNER IS SERVED

Today's entertaining is all about casual style, great taste and good health. We've captured the mood with four party menus that show you how to take it easy—beautifully.

By Jan Turner Hazard, Food Editor



CHICKEN COUSCOUS WITH LAMB CHOPS, HOT PEPPER SAUCE, ORANGE-AND-FENNEL SALAD



ROASTED CHICKEN WITH FIVE-SPICE RICE AND GINGERED VEGETABLE SAUTÉ

Take the road to Morocco with an unusual menu for eight, left, that is simply a feast for the palate: a hearty, aromatic entrée full of meats and vegetables, grain and spice—plus a fiery sauce for the truly adventurous—delicately balanced by a cool, refreshing salad. Above: For an intimate dinner for four, we created an inventive Far Eastern menu that's ready in an hour—the perfect way to transform a middle-of-the-week dinner into a sophisticated soirée.

DINNER IS SERVED



CLOCKWISE, FROM BOTTOM: SHRIMP AND MONKFISH WITH MOLE VERDE, MASHED POTATOES AND CARROTS WITH CUMIN; SAUTEED ZUCCHINI AND TOMATOES; CRUNCHY SALSA AND TORTILLA CHIPS

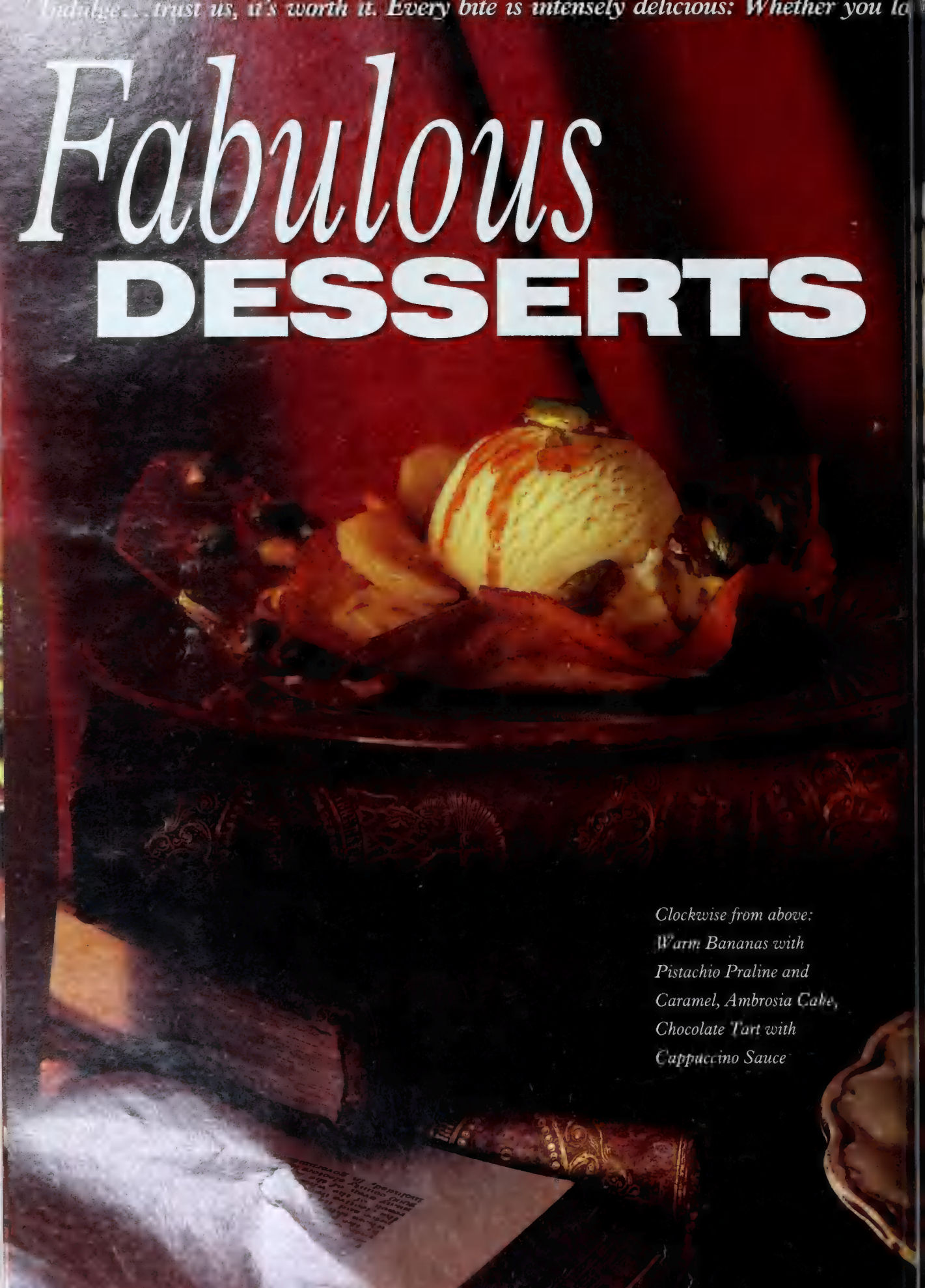


SWEET-PEPPER FOCACCIA, TUSCAN BEAN SOUP, MIXED GREENS WITH SHAVED PARMESAN AND THYME

Mexican flavorings are always in fashion, and in this menu for six, left, we use them boldly—to enhance an innovative seafood duo and even spice up mashed potatoes! Above: Flavored oils, homemade breads and beans are this year's restaurant news. We've brought them home in a menu for ten that features two kinds of focaccia—the trendiest Italian bread—and stick-to-the-ribs soup and salad. Everything is made ahead, so all you have to do when guests arrive is uncork the wine.

Indulge . . . trust us, it's worth it. Every bite is intensely delicious: Whether you lo

Fabulous DESSERTS



Clockwise from above: Warm Bananas with Pistachio Praline and Caramel, Ambrosia Cake, Chocolate Tart with Cappuccino Sauce

uth-watering, buttery caramel or rich chocolate, we've got the ultimate treat for you



Getting festive with real chocolate just got e



Start with real chocolate for this rich holiday cake. Then decorate with real chocolate, too. Just melt the chocolate in the microwave, and for each recipe you can melt and mix in one bowl.

Baker's® One Bowl™ Recipes make celebrations easy.

BAKER'S® EASIEST-EVER CHOCOLATE DECORATIONS

For the festive trimmings shown below, follow the easy chocolate melting directions on the back of your Baker's® package, then drizzle or dip as desired.

DRIZZLING: Spoon melted chocolate into zipper-style plastic sandwich bag. Close. Fold down top of bag and snip off 1 corner (no more than 1/8 inch). Holding top of bag tightly, gently squeeze to drizzle a design on top of cake.

DIPPING: Dip nuts, dried fruit or favorite candies into melted chocolate; let excess drip off. Place on wax paper-lined tray. Let stand or refrigerate until firm.

QUESTIONS? Call 1-800-4BAKERS.



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BAKER'S® ONE BOWL™ CHOCOLATE CAKE

6 squares BAKER'S® Semi-Sweet Chocolate
3/4 cup (1 1/2 sticks) margarine or butter
1 1/2 cups sugar
3 eggs
2 teaspoons vanilla
2 1/2 cups flour
1 teaspoon baking soda
1/4 teaspoon salt
1 1/2 cups water

HEAT oven to 350°F.

MICROWAVE chocolate and margarine in large microwavable bowl on HIGH 2 minutes or until margarine is melted. *Stir until chocolate is completely melted.*

STIR in sugar until well blended. With electric mixer on low speed, beat in eggs, one at a time, until completely mixed. Add vanilla. Stir in 1/2 cup flour, baking soda and salt. Beat in remaining flour alternately with water until well blended and smooth. Pour into 2 greased and floured 9-inch layer pans.

BAKE 35 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes. Remove from pans; cool completely on wire racks. Frost.

BAKER'S® ONE BOWL™ FUDGE FROSTING

6 squares BAKER'S® Semi-Sweet Chocolate
1 pound (about 4 cups) powdered sugar
1/3 cup milk
2 teaspoons vanilla
1/2 cup (1 stick) margarine or butter, *softened*

Makes about 3 cups.

MICROWAVE chocolate in large microwavable bowl on HIGH 2 minutes. *Stir until chocolate is completely melted.*

BEAT in sugar, milk, vanilla and 2 tablespoons of the margarine with electric mixer on low speed until completely mixed. Beat in remaining margarine until smooth. If frosting becomes too thick, beat in additional milk by teaspoonfuls until spreadable.



Experience REAL CHOCOLATE



continued from page 217

○ Easy ● Challenging ▼ Low-fat
◒ Moderate Ⓜ Microwave ▽ Low-calorie

Menu for eight

If you make the appetizers a day ahead, the rest of this intriguing meal takes about an hour to complete.

Moroccan Triangles
Chicken Couscous with Lamb Chops
Orange-and-Fennel Salad
Pineapple with Pomegranate

MOROCCAN TRIANGLES



We used yogurt instead of sour cream in these light-as-air appetizers to reduce the fat.
Prep time: 35 minutes ○ Ⓜ
Cooking time: 25 minutes

1 container plain low-fat yogurt (16 oz.)
1/4 teaspoon ground coriander
Salt
1 large baking potato
1 teaspoon dried mint
1 tablespoon fresh lemon juice
4 tablespoons olive oil, divided
1 cup finely chopped onions
2 teaspoons minced garlic
1 teaspoon cumin
1/4 teaspoon freshly ground pepper
1/8 teaspoon ground red pepper
1 package (10 oz.) frozen chopped spinach, thawed and squeezed dry
1/3 cup chopped flat-leaf parsley
8 sheets phyllo dough

Line sieve with coffee filter. Spoon in yogurt and let drain 1 hour. Transfer drained yogurt to bowl. Stir in coriander and a pinch salt.

Meanwhile, rinse potato and prick all over with fork; wrap in wax paper. Microwave on High 6 minutes, turning once, until tender. Let stand 5 minutes, then peel and chop.

Preheat oven to 400°F. Sprinkle mint over lemon juice in large bowl; set aside. Heat 2 teaspoons oil in large skillet over medium heat. Add onions and cook, stirring, until tender, 5 to 8 minutes. Stir in garlic, cumin and both peppers; cook 30 seconds. Stir in spinach and 3/4 teaspoon salt; cook 1 minute more. Add to bowl with mint and stir in potatoes and parsley.

Spread 1 sheet phyllo dough on work surface and brush lightly with oil. (Keep remaining phyllo covered.) Top with second phyllo sheet and brush lightly with oil. Cut phyllo lengthwise into 4 equal strips. Place 1 generous tablespoonful filling on end of each strip and fold up to form triangles. Transfer packets to cookie sheet and brush lightly with oil. Repeat with remaining phyllo, oil and filling to make 16 packets. Bake 10 minutes or until golden. *(Can be made ahead. Cool. Wrap well and refrigerate up to 24 hours. Reheat in preheated 400°F. oven 5 to 10 minutes.)* Serve hot with coriander-yogurt dip. Makes 8 servings.

Per serving		Daily goal
Calories	180	2,000 (F), 2,500 (M)
Total fat	7 g	60 g or less (F); 70 g or less (M)
Saturated fat	1 g	20 g or less (F); 23 g or less (M)
Cholesterol	1 mg	300 mg or less
Sodium	354 mg	2,400 mg or less
Carbohydrates	22 mg	250 g or more
Protein	7 g	55 g to 90 g

CHICKEN COUSCOUS WITH LAMB CHOPS

This regal dish is easy on the purse—it combines economical chicken thighs and lots of vegetables with more expensive lamb chops. Guests can add this truly hot sauce to taste.
Prep time: 30 minutes ○
Cooking time: 60 minutes

3 teaspoons vegetable oil, divided
8 chicken thighs (2 1/2 lb.), skin removed
Salt and freshly ground pepper
1 cup finely chopped onions
1 tablespoon minced garlic
1 teaspoon paprika
1/2 teaspoon ginger
1/2 teaspoon cumin
1/4 teaspoon cinnamon
1/4 teaspoon ground red pepper
2 cups chicken broth
4 large carrots, cut into 2-inch pieces
1 pound small white turnips, peeled and cut into eighths
1 can (19 oz.) chick-peas (garbanzo beans), rinsed
3 small zucchini, halved lengthwise and cut into 2-inch pieces
3 cups quick-cooking couscous
1/3 cup currants or raisins
8 loin lamb chops

Moroccan Hot Sauce
1/2 cup roasted red peppers
2 tablespoons olive oil
1 teaspoon ground red pepper
1/2 teaspoon salt
1/2 teaspoon cumin
1 teaspoon minced garlic

Heat 2 teaspoons oil in Dutch oven over high heat. Add chicken, sprinkle with salt and pepper and cook until browned on all sides, about 10 minutes. Transfer to plate.

Add onions to Dutch oven and cook, stirring, over medium heat until tender, 3 to 5 minutes. Stir in garlic, paprika, ginger, cumin, cinnamon and red pepper; cook 30 seconds. Add chicken broth, carrots and 1/2 teaspoon salt. Bring to boil; cover and cook 5 minutes. Return chic to Dutch oven; add turnips and ch peas. Simmer covered 20 minutes. *(be made ahead. Cool. Cover and refri ate up to 8 hours. Reheat over med heat until hot.)* Add zucchini and cook ered until tender, 5 to 10 minutes more

Meanwhile, cook couscous accordin package directions. Stir in currants. Set as

Heat remaining 1 teaspoon oil in l skillet over high heat. Sprinkle lamb ch with salt and pepper. Cook in 2 batch to 6 minutes per side for medium.

To serve, spoon about 1 cup couso onto each plate. Top with 1 cup chic mixture and place one lamb chop on side. Pass Moroccan Hot Sauce separ ly. Makes 8 servings.

Moroccan Hot Sauce: In blender, pu first 5 ingredients. Transfer to bowl stir in garlic. Makes 1/2 cup.

Per serving with 1 T. sauce		Daily goal
Calories	715	2,000 (F), 2,500 (M)
Total fat	25 g	60 g or less (F); 70 g or les
Saturated fat	8 g	20 g or less (F); 23 g or les
Cholesterol	127 mg	300 mg or less
Sodium	815 mg	2,400 mg or less
Carbohydrates	77 mg	250 g or more
Protein	45 g	55 g to 90 g

ORANGE-AND-FENNEL SALAD

The tartness of the oranges and n licorice flavor of the fennel make this ad a cool counterpoint to the entrée.
Total prep time: 25 minutes ▽

12 cups romaine lettuce, in 1-inch strip
4 navel oranges, peeled and sliced thin
1 bulb fennel, sliced thin
1/4 cup very thinly sliced red onion
4 teaspoons fresh lemon juice
1/2 teaspoon salt
1/4 teaspoon freshly ground pepper
2 tablespoons extra-virgin olive oil

Combine lettuce, oranges, fennel onion in salad bowl. Whisk lemon ju with salt and pepper in cup; whisk in *(Can be made ahead. Cover and refrig ate salad and dressing separately up t hours.)* To serve, add dressing to sa and toss. Makes 8 servings.

Per serving		Daily goal
Calories	85	2,000 (F), 2,500 (M)
Total fat	4 g	60 g or less (F); 70 g or less
Saturated fat	.5 g	20 g or less (F); 23 g or less
Cholesterol	0 mg	300 mg or less
Sodium	183 mg	2,400 mg or less
Carbohydrates	12 mg	250 g or more
Protein	3 g	55 g to 90 g

PINEAPPLE WITH POMEGRANAT

During pomegranate season, purch several fruit, remove the seeds and fre them. It's a great way to have a supply juicy ruby seeds throughout the year.
Total prep time: 15 minutes ▼▽

2 ripe pineapples, cut up
2 tablespoons honey
1/2 cup pomegranate seeds

Toss pineapple with honey in large b to combine. *(Can be made ahe Cover and refrigerate up to 2 hou* Stir in pomegranate seeds. Ma 10 1/4 cups. *(continu*

Okay, so we made these delicious low cholesterol brownies with cottage cheese instead of egg yolks. Seconds, anyone?



Made with lowfat cottage cheese instead of egg yolks. Lower in fat and cholesterol. Only about 100 calories each. But you'll forget all that once you taste them.



No Guilt Brownies

3 ounces unsweetened chocolate, chopped
1 cup granulated sugar
3/4 cup flour
3/4 cup 2% lowfat cottage cheese
3 egg whites
1 teaspoon vanilla extract
1/4 teaspoon salt
powdered sugar

Heat oven to 350°F. Over very low heat, melt chocolate; cool slightly. In food processor, puree all ingredients, except chocolate and powdered sugar, until smooth. Add melted chocolate. Blend well. Pour into lightly buttered, 8-inch square pan. Bake 20-25 minutes or until just set. Sprinkle with powdered sugar. Cut into squares. Makes 16 squares.

Per serving: 107 cals, 3 g fat, 1 mg chol, 13 mg calc, 69 mg potas, 3 g prot.

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American Dairy Farmers



Dairy foods make it easy to be good.



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We put so much good stuff into Uncle Ben's® Country Inn Recipes we had to leave something out.

There have always been a lot of good things in Uncle Ben's® Country Inn Recipes.™

Rich, red bell peppers. Tangy cheese. Delicious broccoli. But now, what's not there is just as good. Like half the fat, and less sodium, than the other leading brands.* Like low cholesterol. And n artificial flavors.

And the best part i it still tastes so good, you never miss what's missin



*Comparisons based on line averages.

ıner is served

inued

ıp		Daily goal
s	95	2,000 (F), 2,500 (M)
at	1 g	60 g or less (F); 70 g or less (M)
ted fat	0 g	20 g or less (F); 23 g or less (M)
terol	0 mg	300 mg or less
n	2 mg	2,400 mg or less
ydrates	24 mg	250 g or more
	1 g	55 g to 90 g

Menu for four

ou can have this menu on the table in just an hour.

Oriental Shrimp Platter
Roasted Chicken with Cilantro
Ginger Vegetable Sauté
Five-Spice Rice
Spiced Orange Duet

IENTAL SHRIMP PLATTER



stest recipe of the month *If you pick cooked shrimp at the supermarket fish nter, then all you need to do is whip the dipping sauce and let your guests ke their own nibbles.*

al prep time: 10 minutes ▼○

3 tablespoons reduced-sodium soy sauce
tablespoon rice vinegar
tablespoon chopped green onion
teaspoon sugar
1/2 teaspoon Oriental sesame oil

pound, peeled, cooked medium shrimp
uropean cucumber, sliced
cup pink pickled ginger, drained*

oing Sauce: Combine all ingredients in ll bowl.

rrange shrimp, cucumber and pickled ger around sauce on large platter. kes 4 servings.

erving		Daily goal
es	130	2,000 (F), 2,500 (M)
at	2 g	60 g or less (F); 70 g or less (M)
ted fat	0 g	20 g or less (F); 23 g or less (M)
terol	166 mg	300 mg or less
n	780 mg	2,400 mg or less
ydrates	10 mg	250 g or more
	19 g	55 g to 90 g

ASTED CHICKEN WITH ANTRO

the cilantro and garlic paste under the of the chicken for flavor and moisture out fat.

p time: 10 minutes ○
oking time: 45 minutes plus standing

blespoons minced fresh cilantro
2 garlic cloves, minced
2 small chickens (2-2 1/2 lb. each), halved
1 teaspoon salt
1/2 teaspoon red pepper flakes
1 large lemon, sliced thin
Cilantro sprigs, for garnish

Place oven rack in center position. Preheat oven to 425°F. Combine cilantro and garlic in bowl; insert under skin of each chicken half. Sprinkle chicken with salt and pepper flakes. Arrange, skin side up, on broiler pan. Top with lemon slices.

Roast chicken 40 minutes or until juices run clear. Increase heat to broil; broil chicken 4 inches from heat source 5 minutes. Transfer to serving platter. Garnish with cilantro sprigs and serve with pan drippings. Makes 4 servings.

Per serving		Daily goal
Calories	545	2,000 (F), 2,500 (M)
Total fat	31 g	60 g or less (F); 70 g or less (M)
Saturated fat	9 g	20 g or less (F); 23 g or less (M)
Cholesterol	198 mg	300 mg or less
Sodium	736 mg	2,400 mg or less
Carbohydrates	4 mg	250 g or more
Protein	62 g	55 g to 90 g

GINGER VEGETABLE SAUTÉ

If you prefer, substitute broccoli for the cauliflower. Immerse extra fresh ginger in sherry and refrigerate.

Prep time: 10 minutes ▽○
Cooking time: 6 minutes

1 tablespoon vegetable oil
1 teaspoon minced fresh ginger
1/8 teaspoon red pepper flakes
3 cups cauliflower florets
1/4 cup chicken broth
1 small red pepper, julienned
8 ounces snow peas, trimmed
1/2 teaspoon salt

Heat oil in large skillet over high heat. Add ginger and pepper flakes; cook 30 seconds. Stir in cauliflower and broth. Cover and cook until cauliflower is tender, 3 minutes. Add red pepper, snow peas and salt. Cook uncovered, stirring, 2 minutes more. Makes 5 cups.

Per 3/4 cup		Daily goal
Calories	65	2,000 (F), 2,500 (M)
Total fat	3 g	60 g or less (F); 70 g or less (M)
Saturated fat	0 g	20 g or less (F); 23 g or less (M)
Cholesterol	0 mg	300 mg or less
Sodium	288 mg	2,400 mg or less
Carbohydrates	7 mg	250 g or more
Protein	3 g	55 g to 90 g

FIVE-SPICE RICE

For fluffy, sticky rice, use short-grain rice, the kind used in Chinese restaurants. If you prefer, long-grain rice works fine, too.

Prep time: 5 minutes ▼○
Cooking time: 15 to 17 minutes

1 can (13 3/4 or 14 1/2 oz.) chicken broth plus enough water to equal 2 cups
1 cup short-grain rice
1/4 teaspoon Chinese five-spice powder
1/8 teaspoon salt
1/8 teaspoon freshly ground pepper
1/2 cup sliced green onions

Bring broth and water to a boil. Add rice, five-spice powder, salt and pepper. Cover and simmer until rice is tender and all liquid is absorbed, 15 to 17 minutes. Stir in green onions. Makes 3 cups.

Per serving		Daily goal
Calories	200	2,000 (F), 2,500 (M)
Total fat	1 g	60 g or less (F); 70 g or less (M)
Saturated fat	0 g	20 g or less (F); 23 g or less (M)
Cholesterol	0 mg	300 mg or less
Sodium	584 mg	2,400 mg or less
Carbohydrates	41 mg	250 g or more
Protein	4 g	55 g to 90 g

SPICED ORANGE DUET

Cooking the wine and sugar burns off the alcohol and helps infuse the exotic spices in this fragrant, irresistible compote.

Prep time: 5 minutes plus cooling ▼○
Cooking time: 5 minutes

3 navel oranges, peeled and sliced thin
1 can (11 oz.) mandarin oranges, drained

Warm Spice Syrup
1/2 cup white wine
1/2 cup water
1/4 cup sugar
1 teaspoon grated orange peel
3 whole cloves
1 whole star anise*
1 cinnamon stick (3 1/2 inches)

Arrange fruit in heatproof serving bowl. Combine syrup ingredients in small saucepan. Bring to boil; boil 3 minutes. Pour hot syrup over fruit and refrigerate until chilled, about 40 minutes. Serve with vanilla ice cream if desired. Makes 4 servings.

Per serving		Daily goal
Calories	165	2,000 (F), 2,500 (M)
Total fat	0 g	60 g or less (F); 70 g or less (M)
Saturated fat	0 g	20 g or less (F); 23 g or less (M)
Cholesterol	0 mg	300 mg or less
Sodium	7 mg	2,400 mg or less
Carbohydrates	38 mg	250 g or more
Protein	1 g	55 g to 90 g

*Pickled ginger and star anise are available in the specialty section of some supermarkets and in Asian markets.

Menu for six

This menu with a south-of-the-border accent is a tasty combination of do-ahead and last-minute dishes.

Crunchy Salsa with Tortilla Chips
Shrimp and Monkfish with Mole Verde
Mashed Potatoes and Carrots with Cumin
**Sauteed zucchini and tomato with cilantro*
Tequila-Strawberry Parfaits
**Recipe not given*

CRUNCHY SALSA WITH TORTILLA CHIPS

Total prep time: 17 minutes ▼▽○

2 cups finely diced jicama
1 small yellow pepper, diced fine
1/2 cup finely diced red onion
1/4 cup chopped fresh cilantro
1 jalapeño chile, minced
3 tablespoons fresh lime juice
1 teaspoon olive oil
1/2 teaspoon salt
1/8 teaspoon freshly ground pepper
Low-fat baked corn tortilla chips *(continued)*

Chex® Party Mix As easy as 1-2-3!



Original Chex® Party Mix Microwave Recipe

Ingredients:

1/4 cup (1/2 stick) margarine or butter
1 1/4 teaspoons seasoned salt
4 1/2 teaspoons Worcestershire sauce
8 cups of your favorite Chex® brand cereals (Corn, Rice and/or Wheat)
1 cup mixed nuts
1 cup pretzels

1. In small microwave-safe bowl melt margarine on HIGH*. Add seasoned salt and Worcestershire sauce; mix well.

2. Pour cereals, nuts and pretzels into 2 gal. resealable plastic bag. Pour margarine mixture over cereal mixture. Seal top of bag and shake until pieces are evenly coated.

3. Pour contents of bag into large microwave-safe bowl. Microwave on HIGH 5 to 6 minutes, stirring every 2 minutes. Spread on absorbent paper to cool. Store in airtight container.

*These directions were developed using 625-700 watt ovens.



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PEANUTS Characters: ©1950, 1952, 1960 United Feature Syndicate, Inc.

nner is served

tinued

mbine all ingredients except tortilla ps in serving bowl. *(Can be made ead. Cover and store at room tempera- e up to 2 hours.)* Serve with chips. kes 3 1/2 cups.

/4 cup salsa		Daily goal
ies	15	2,000 (F), 2,500 (M)
fat	0 g	60 g or less (F); 70 g or less (M)
ated fat	0 g	20 g or less (F); 23 g or less (M)
sterol	0 mg	300 mg or less
ım	80 mg	2,400 mg or less
hydrates	3 mg	250 g or more
in	0 g	55 g to 90 g

IRIMP AND MONKFISH WITH OLE VERDE

ere's a green sauce (mole verde) from ery region in Mexico. This version, from ntral Mexico, is made with tomatillos, mpkin seeds and seasonings, and tastes st when prepared ahead.

ep time: 45 minutes Ⓜ▼▽○

oking time: 12 minutes

ole Verde
3/4 cup hulled unsalted pumpkin seeds
1 pound fresh tomatillos, husked, or 2 cans (11 oz. each) tomatillos packed in water, drained
Salt
1/2 cup chopped onion
1/2 cup fresh cilantro leaves
2 jalapeño chilies, chopped
1 tablespoon chopped garlic
1 teaspoon cumin
4 cups coarsely chopped romaine lettuce
1 tablespoon vegetable oil
1 bottle (8 oz.) clam juice

ound medium shrimp, peeled and deveined
t and freshly ground pepper
2 pounds monkfish fillets

ole Verde: Toast pumpkin seeds in large let over medium heat, stirring, until all eds are toasted and popped, 6 to 7 nutes. Transfer to plate to cool. In nder, process until ground fine. Meanwhile, if using fresh tomatillos, ce in medium saucepan with water to er and 1/2 teaspoon salt. Bring to boil, luce heat and simmer until tender, 10 to minutes. Drain. Add to blender with mpkin seeds. (For canned tomatillos, not cook; drain and add to blender.) d onion, cilantro, jalapeño, garlic, min and 3/4 teaspoon salt to blender; ee. Add romaine in 2 batches, blend- until smooth after each addition.

Heat oil in same skillet over medium-gh heat. Add tomatillo mixture and ok, stirring, 4 minutes. Add clam juice; duce heat and simmer 10 minutes. ol. Cover and refrigerate up to 2 days. reheat, transfer to medium microwave-oof bowl. Cover with wax paper and mi- wave on High 6 minutes, stirring once, il heated through. Makes 3 1/2 cups.

Preheat broiler. Thread shrimp on 4 ge metal skewers. Sprinkle lightly with salt and pepper. Sprinkle both sides of monkfish lightly with salt and pepper and place on broiler pan. Broil monkfish 5 inches from heat 4 minutes. Turn over, add shrimp and broil 3 minutes. Turn shrimp skewers over and broil 2 minutes more or until seafood is opaque in center.

Slice monkfish into 1/2-inch-thick medallions and remove shrimp from skewers. Arrange on platter and serve with Mole Verde. Makes 6 servings.

Per serving		Daily goal
Calories	245	2,000 (F), 2,500 (M)
Total fat	7 g	60 g or less (F); 70 g or less (M)
Saturated fat	1 g	20 g or less (F); 23 g or less (M)
Cholesterol	122 mg	300 mg or less
Sodium	570 mg	2,400 mg or less
Carbohydrates	11 mg	250 g or more
Protein	32 g	55 g to 90 g

MASHED POTATOES AND CARROTS WITH CUMIN

Test-kitchen favorite *Cumin is the big surprise in this tasty potato-carrot mash.*

Prep time: 7 minutes ▼○

Cooking time: 17 minutes

2 pounds small new potatoes, halved
1 pound carrots, cut into 1-inch pieces
Salt
2 tablespoons olive oil
1 teaspoon minced garlic
1 teaspoon ground cumin
1 cup low-fat (1%) milk
1/2 teaspoon freshly ground pepper

Place potatoes and carrots in large saucepan. Add water to cover and 1 teaspoon salt. Bring saucepan to boil over high heat; cook until vegetables are tender, 15 minutes.

Meanwhile, heat oil in small saucepan over medium heat. Add garlic and cumin; cook 30 seconds. Add milk, increase heat to high and cook until bubbles form around edge of pan.

Drain potatoes and carrots. Return to large saucepan; add hot milk, 1 teaspoon salt and the pepper. Mash vegetables with potato masher. Makes 6 cups.

Per cup		Daily goal
Calories	215	2,000 (F), 2,500 (M)
Total fat	5 g	60 g or less (F); 70 g or less (M)
Saturated fat	1 g	20 g or less (F); 23 g or less (M)
Cholesterol	2 mg	300 mg or less
Sodium	516 mg	2,400 mg or less
Carbohydrates	37 mg	250 g or more
Protein	5 g	55 g to 90 g

TEQUILA-STRAWBERRY PARFAITS



This fabulous dessert is never out of season, thanks to the constant supply of fresh strawberries from around the world.

Prep time: 10 minutes plus standing ▼○

2 pints strawberries, sliced
1/4 cup tequila
3 tablespoons sugar
1/4 teaspoon grated lime peel
2 pints low-fat vanilla frozen yogurt
1/4 cup sliced natural almonds, toasted

Combine strawberries, tequila, sugar and lime peel in large bowl. Let stand 15 minutes, stirring occasionally.

Scoop frozen yogurt into 6 serving bowls. Top each with 2/3 cup strawberries and 1 heaping teaspoon almonds. Makes 6 servings.

Per serving		Daily goal
Calories	235	2,000 (F), 2,500 (M)
Total fat	4 g	60 g or less (F); 70 g or less (M)
Saturated fat	0 g	20 g or less (F); 23 g or less (M)
Cholesterol	7 mg	300 mg or less
Sodium	75 mg	2,400 mg or less
Carbohydrates	39 mg	250 g or more
Protein	7 g	55 g to 90 g

Menu for ten

When everything is done ahead, you can set out a terrific spread and still have time to socialize.

Creamy Ricotta Spread
Herb-Infused Olive Oil
Black-Pepper and Sweet-Pepper Focaccie
**Assorted Olives*
Tuscan Bean Soup with Swiss Chard
Mixed Greens with Shaved Parmesan and Thyme
Roasted Pears with Anisette
**Biscotti*
**Recipe not given*

CREAMY RICOTTA SPREAD

There's nothing simpler than our foolproof method for whipping up this sweet cheese.

Prep time: 5 minutes plus standing ▽○

1 container (15 oz.) part-skim ricotta cheese
1/4 teaspoon salt

Line sieve or colander with kitchen towel or coffee filter and place over large bowl. Combine ricotta and salt in medium bowl. Spoon into sieve, cover and refrigerate overnight. *(Can be made ahead. Remove from strainer. Wrap and refrigerate up to 24 hours.)* Serve with Focaccie. Makes 1 1/2 cups.

Per tablespoon		Daily goal
Calories	25	2,000 (F), 2,500 (M)
Total fat	1 g	60 g or less (F); 70 g or less (M)
Saturated fat	1 g	20 g or less (F); 23 g or less (M)
Cholesterol	6 mg	300 mg or less
Sodium	45 mg	2,400 mg or less
Carbohydrates	1 mg	250 g or more
Protein	2 g	55 g to 90 g

HERB-INFUSED OLIVE OIL

Flavored oil is so easy to prepare you'll want to keep a batch for everyday use. Don't panic when this clouds up in the fridge—it will clarify at room temperature.

Prep time: 6 minutes Ⓜ○

Microwave time: 1 minute 15 seconds

1/2 cup extra-virgin olive oil
1 strip (3 inches) orange or lemon peel

(continued)

2 garlic cloves, sliced
2 teaspoons chopped fresh rosemary
1/2 teaspoon fennel seeds, crushed
1/2 teaspoon red pepper flakes

Combine all ingredients in 2-cup glass measure. Microwave on High 1 minute 15 seconds; cool. Cover and refrigerate overnight. *(Can be made ahead. Refrigerate up to 2 days.)* Bring to room temperature before serving. Use as dip for wedges of focaccia. Makes 1/2 cup.

Per teaspoon		Daily goal
Calories	40	2,000 (F), 2,500 (M)
Total fat	5 g	60 g or less (F); 70 g or less (M)
Saturated	1 g	20 g or less (F); 23 g or less (M)
Cholesterol	0 mg	300 mg or less
Sodium	0 mg	2,400 mg or less
Carbohydrates	0 mg	250 g or more
Protein	0 g	55 g to 90 g

BLACK-PEPPER FOCACCIA

This is the bread of the nineties: It's easy to bake, versatile and, oh, the taste! The baking stone and pan of ice are bakers' secrets for a perfect crust.

Prep time: 20 minutes plus rising ▼○
Baking time: 30 minutes

Dough
1 package active dry yeast
2 cups warm water (105°F.–115°F.), divided
5 to 5 1/2 cups bread or unbleached all-purpose flour, divided
1 1/2 teaspoons salt
1 teaspoon freshly ground pepper
3 tablespoons extra-virgin olive oil

Toppings
Extra-virgin olive oil
1 teaspoon kosher or sea salt
2 teaspoons chopped fresh thyme

Dough: Sprinkle yeast over 1 cup warm water in large mixer bowl; stir until dissolved. Let stand 5 minutes. Attach paddle or dough hook to mixer. At low speed, stir in 2 cups flour, salt and pepper; beat until smooth, 1 minute. (Or beat vigorously with a wooden spoon 2 minutes.) Pour in remaining 1 cup water and oil. Add flour 1/2 cup at a time to make a soft dough that begins to pull away from sides of bowl.

On lightly floured surface, knead dough until smooth and elastic, 8 to 10 minutes. Place in a large, lightly greased bowl, turning to grease top. Cover with kitchen towel and let rise in warm, draft-free place until doubled in bulk, 1 to 1 1/4 hours. Transfer dough to lightly floured surface and gently knead 1 minute.

Lightly oil 14-inch pizza pan or cookie sheet. Roll dough into 10-inch circle. Transfer to prepared pan, carefully stretching it to edge of pan. Press top of dough with fingertips, leaving 1/2-inch-deep indentations. Cover and let rise 30 minutes.

Adjust 1 oven rack to lowest position. Place shallow baking pan on top rack oven. (If using a baking stone, place cold oven and preheat 30 minutes b fore baking.) Preheat oven to 425 Press indentations in dough and bru with 1 tablespoon olive oil. Sprinkle w kosher salt.

Carefully place 1 cup ice cubes in b ing pan on top oven rack and immedic ly place dough on lowest oven rack. Bc 30 minutes or until golden and bott sounds hollow when removed from p and tapped. Remove focaccia from p and transfer to wire rack. While still wa brush top with another 1 tablespoon ol oil and sprinkle with thyme. Cool and into wedges. Makes 10 servings.

Per serving		Daily goal
Calories	310	2,000 (F), 2,500 (M)
Total fat	7 g	60 g or less (F); 70 g or less
Saturated fat	1 g	20 g or less (F); 23 g or less
Cholesterol	0 mg	300 mg or less
Sodium	479 mg	2,400 mg or less
Carbohydrates	53 mg	250 g or more
Protein	9 g	55 g to 90 g

SWEET-PEPPER FOCACCIA

Prep time: 25 minutes plus rising ▼
Baking time: 35 minutes

1 recipe Focaccia dough (recipe above)

Topping
Extra-virgin olive oil
2 teaspoons minced garlic
1 red pepper, sliced into rings
1 yellow pepper, sliced into rings

TO IMPROVE A TUNA SALAD, FORGET THE TUNA...

Plain old tuna salad becomes an exciting seafood salad when it's made with *Crab Delights*® surimi seafood instead.

Crab Delights are made from steam-baked™ Alaskan fish, vacuum-packed for freshness, and government inspected for quality.

Fully-cooked, *Crab Delights* are ready to eat right out of the package.

Use *Crab Delights* instead of tuna, chicken or ham in your favorite recipe for a delicious seafood change of pace.

CRAB DELIGHTS INSTEAD

teaspoon kosher or sea salt

pare dough as directed except omit und pepper. Let rise 1 to 1 1/4 hours as cted above.

Meanwhile, heat 2 teaspoons oil in e skillet over medium heat. Add garlic cook 30 seconds. Add peppers. Cov- nd cook, stirring occasionally, until ler, 5 minutes. Uncover and cool.

ightly oil 15x10 1/2-inch jelly-roll pan. lightly floured surface, gently knead gh 1 minute. Roll into 12x8-inch rect- le. Transfer to prepared pan, carefully ching it to edge of pan. Press top of gh with fingertips, leaving 1/2-inch- o indentations. Brush dough with 1 ta- poon olive oil, arrange peppers on and sprinkle with kosher salt. Cover let rise 30 minutes. Bake as directed. ol. Makes 10 servings.

rving		Daily goal
s	325	2,000 (F), 2,500 (M)
at	8 g	60 g or less (F); 70 g or less (M)
ed fat	1 g	20 g or less (F); 23 g or less (M)
terol	0 mg	300 mg or less
n	480 mg	2,400 mg or less
ydrates	54 mg	250 g or more
	9 g	55 g to 90 g

SCAN BEAN SOUP WITH ISS CHARD

dget recipe of the month *The sur- ng centerpiece of this party menu: a ming bowl of soup! Chock-full of nky beef and vegetables, it only gets er when it's made ahead.*

Prep time: 40 minutes plus standing ▼▽○
Cooking time: 2 1/2 to 3 hours

1 pound dried white beans (cannellini or Great Northern)
2 pounds crosscut beef shank or chuck arm roast
Salt and freshly ground pepper
2 tablespoons olive oil, divided
3 cups chopped onions
3 cups chopped carrots
2 cups chopped fennel or celery
1 tablespoon minced garlic
1/2 bay leaf
1 tablespoon chopped fresh thyme or 1/2 teaspoon dried
2 teaspoons chopped fresh rosemary or 1/4 teaspoon dried
2 smoked ham hocks (1 1/2 lb.)
8 cups water
2 cans (13 3/4 or 14 1/2 oz.) chicken broth
1 can (14 oz.) tomatoes, drained and coarsely chopped
8 cups sliced Swiss chard or torn spinach

In large bowl, soak beans and water to cover by 2 inches overnight. (*To quick-soak:* Combine beans with water to cover by 2 inches in large saucepot and bring to boil; boil 2 minutes. Cover and let stand 1 hour.) Drain in colander; set aside.

Remove meat from bone; cut into 1/2-inch cubes. Sprinkle beef and beef bone with 1/4 teaspoon *each* salt and pepper. Heat 1 tablespoon oil in large Dutch oven over high heat. Add beef and bone in 2 batches and cook until browned on all sides, 5 minutes per batch. With slotted spoon, transfer to plate.

Heat remaining 1 tablespoon oil in Dutch oven over medium-high heat. Add onions, carrots and fennel. Cover and cook, stirring occasionally, until vegetables are tender, 10 minutes. Stir in garlic, bay leaf, thyme and rosemary; cook 30 seconds. Return beef and bone to Dutch oven; add drained beans, ham hocks, water, chicken broth, remaining 2 teaspoons salt and 1/2 teaspoon pepper. Bring to boil, reduce heat and simmer, partially covered, 1 hour. Stir in tomatoes. Simmer until beans and meats are tender, 30 minutes more.

Remove ham hocks; cool. Cut meat into 1/2-inch pieces; return to soup. Discard all bones and bay leaf. (*Can be made ahead. Cool. Cover and refrigerate soup up to 2 days.*) Skim fat. Reheat soup; stir in chard and cook until chard is tender, 10 minutes. (If soup is too thick, add 1 more can chicken broth.) Makes 20 cups.

Per cup		Daily goal
Calories	180	2,000 (F), 2,500 (M)
Total fat	5 g	60 g or less (F); 70 g or less (M)
Saturated fat	1 g	20 g or less (F); 23 g or less (M)
Cholesterol	17 mg	300 mg or less
Sodium	634 mg	2,400 mg or less
Carbohydrates	20 mg	250 g or more
Protein	1 g	55 g to 90 g

(continued)



SUPER SEAFOOD SALAD

1pkg. Louis Kemp *Crab Delights*® flakes
1/2 cup Kraft® Mayonnaise
2 stalks celery, chopped
3 Tbsp. finely chopped onion

Cut *Crab Delights* flakes in half or shred. Combine with mayonnaise, celery and onion. Serve on lettuce or as a sandwich filling.
Makes 4 servings.

For more exciting seafood recipes call 1-800-522-1421 (M-F 9-4 CDT)



In your grocers refrigerated meat or seafood case.

LOUIS KEMP SEAFOOD Co.

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DEPARTMENT OF COMMERCE
UNITED STATES OF AMERICA

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MIXED GREENS WITH SHAVED PARMESAN AND THYME

Buy a hunk of Parmesan and use a swivel-blade peeler to get big shavings of cheese that look and taste better than the pre-grated kind.
Total prep time: 20 minutes ○

3 tablespoons balsamic vinegar
1 tablespoon chopped fresh thyme
1/2 teaspoon salt
1/4 teaspoon freshly ground pepper
1/4 cup extra-virgin olive oil
1 garlic clove, split
20 cups assorted torn salad greens
1 cup shaved Parmesan cheese

Whisk vinegar, thyme, salt and pepper in small bowl. Whisk in oil in thin, steady stream; stir in garlic. Let stand 30 minutes. *(Can be made ahead. Cover; let stand up to 24 hours.)* Remove garlic from dressing.

Combine greens and Parmesan in large serving bowl. Toss with dressing. Makes 10 servings.

Per serving		Daily goal
Calories	110	2,000 (F), 2,500 (M)
Total fat	9 g	60 g or less (F); 70 g or less (M)
Saturated fat	3 g	20 g or less (F); 23 g or less (M)
Cholesterol	8 mg	300 mg or less
Sodium	310 mg	2,400 mg or less
Carbohydrates	3 mg	250 g or more
Protein	6 g	55 g to 90 g

ROASTED PEARS WITH ANISETTE

For this very refreshing dessert, we found that the firmer Bosc pear works best, but any variety will leave your guests satisfied.
Prep time: 10 minutes ▼○
Baking time: 50 minutes

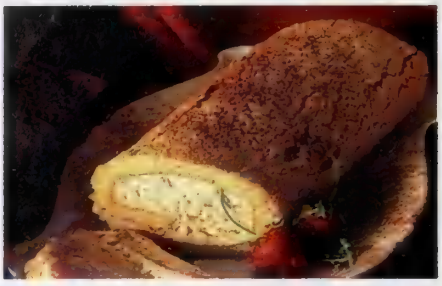
2 tablespoons butter or margarine, melted
10 large Bosc pears
5 teaspoons plus 1/4 cup anisette or Sambuca liqueur
1/3 cup sugar
1/2 cup water
1 tablespoon fresh lemon juice
1 strip (3 inches) lemon peel

Preheat oven to 425°F. Brush shallow 2-quart baking dish with 1 teaspoon melted butter. With small knife or apple corer, remove core of each pear, starting at the bottom and leaving stem end intact. Brush 1/2 teaspoon liqueur into each pear cavity. Transfer upright to prepared dish. Brush pears with remaining melted butter and sprinkle sugar over tops. Add water, lemon juice and peel to dish. Bake 40 minutes. Add remaining 1/4 cup liqueur and bake 10 minutes more or until pears are tender when pierced. Cool slightly. Serve warm with pear juices. Makes 10 servings.

Per serving		Daily goal
Calories	210	2,000 (F), 2,500 (M)
Total fat	3 g	60 g or less (F); 70 g or less (M)
Saturated fat	1 g	20 g or less (F); 23 g or less (M)
Cholesterol	8 mg	300 mg or less
Sodium	23 mg	2,400 mg or less
Carbohydrates	43 mg	250 g or more
Protein	1 g	55 g to 90 g

Recipes by Carol Prager, Lisa Brainerd and Karen J.M. Tack.

GINGER ROLL WITH FROZEN MAPLE MOUSSE



This superstar spice roll filled with frozen mousse can wait in the freezer until it's time to take the spotlight. Real maple syrup is a must for the mousse.
Prep time: 1 hour plus chilling ◒
Baking time: 17 to 18 minutes

Ginger Roll
1/4 cup all-purpose flour
1/4 cup cornstarch
1/2 teaspoon cinnamon
1/2 teaspoon ginger
Pinch cloves
4 large eggs, at room temperature, separated
3/4 cup sugar, divided
Pinch salt
1/8 teaspoon cream of tartar
Sifted confectioners' sugar

Maple Mousse
3/4 cup pure maple syrup (no substitutions)
2 large egg whites
Pinch salt
1 cup heavy or whipping cream

Unsweetened cocoa and maple syrup

Ginger Roll: Preheat oven to 350°F. Grease 15x10 1/2-inch jelly-roll pan. Line with wax paper; grease paper. Sift flour, cornstarch, cinnamon, ginger and cloves in bowl. Set aside.

Beat egg yolks and 1/4 cup sugar at high speed in mixer bowl until ribbon forms when beaters are lifted, 3 minutes. With clean beaters, beat egg whites and salt in another mixer bowl at medium speed until foamy. Add cream of tartar; beat to soft peaks. Gradually increasing speed to high, beat in remaining 1/2 cup sugar 1 tablespoon at a time until stiff.

Fold one quarter of egg-white mixture into yolk mixture with rubber spatula. Fold in dry ingredients alternately with remaining meringue until just blended. Spread batter evenly in prepared pan. Bake 17 to 18 minutes, until cake springs back lightly when touched in center.

Meanwhile, place clean kitchen towel on work surface and sprinkle with sifted confectioners' sugar. Invert cake onto towel, remove jelly-roll pan and carefully peel off paper. Roll up cake from one long side. Cool completely.

Maple Mousse: Bring maple syrup to b in small saucepan over medium-l heat. Cook until syrup reaches thre stage (225°F.–230°F.) on candy th mometer.

Meanwhile, beat egg whites and s in mixer bowl at medium speed u stiff. With mixer on, add hot syrup thin, steady stream. Increase speed high and beat 5 minutes more or u mixture is cool. In another mixer bo beat cream until stiff; fold into ma mixture.

To assemble, line cookie sheet with w paper. Unroll cake and carefully trans to cookie sheet. Spread with even laye Maple Mousse. Freeze flat until filling semi-firm, 1 hour. Re-roll cake into l Freeze 2 hours. *(Can be made ahe Wrap and freeze up to 2 days.)*

To serve, sift cocoa onto 8 servi plates. Cut cake into 16 slices. Arrang slices on each plate and drizzle w maple syrup. Makes 8 servings.

Per serving		Daily goal
Calories	325	2,000 (F), 2,500 (M)
Total fat	14 g	60 g or less (F); 70 g or less
Saturated fat	8 g	20 g or less (F); 23 g or less
Cholesterol	147 mg	300 mg or less
Sodium	93 mg	2,400 mg or less
Carbohydrates	47 mg	250 g or more
Protein	5 g	55 g to 90 g

CRAN-APPLE NAPOLEON



Flavored with ginger and almond, a modern-day Napoleon must be assemb just before serving. But don't worry— the components can be made ahead.
Prep time: 1 1/4 hours plus chilling
Baking time: 8 to 10 minutes

Ginger Pastry Cream
3 tablespoons chopped fresh ginger
1 cup milk
4 tablespoons sugar, divided
3 large egg yolks
1/4 cup all-purpose flour
1 tablespoon butter
1/2 teaspoon vanilla extract
1/2 cup heavy or whipping cream

Cran-Apple Filling
4 large Golden Delicious apples, peeled and diced
1/4 cup cranberries, chopped
1/4 cup sugar

Almond Phyllo
1/3 cup sliced natural almonds, toast
2 tablespoons sugar
6 sheets phyllo dough
2 tablespoons butter, melted

Cranberry Sauce
3/4 cup sugar *(continue*



Big Raves

With Easy Little Cheese Cakes.*







MINI-CHEESECAKES

(Makes 12)

12 vanilla wafers
2 3 oz. packages cream cheese
½ c. sugar
1 tsp. vanilla
2 eggs

Line muffin tin with foil liners.

Place one vanilla wafer in each liner. ◊ Mix cream cheese, vanilla and sugar on medium speed until well-blended. ◊ Add eggs. Mix well. Pour over wafers, filling ¾ full. Bake 25 min. at 325°.

Remove from pan when cool. ◊ Chill. ◊ Top with fruit, preserves, nuts or chocolate. ◊ Be creative!

*Actual size is cupcake size.

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1 1/2 cups water
2 cups cranberries

Ginger Pastry Cream: Bring 1 cup water to boil in heavy medium saucepan. Add ginger and boil 1 minute; strain. Return ginger to saucepan. Add milk and 2 tablespoons sugar; bring to simmer. Strain milk into small bowl; discard ginger.

Meanwhile, whisk egg yolks with remaining 2 tablespoons sugar in medium bowl until light and pale. Whisk in flour until smooth. Gradually whisk hot milk into yolks. Return mixture to pan and bring to boil over medium heat, whisking constantly; boil 1 minute. Remove from heat and stir in butter and vanilla. Cover surface of pastry cream with wax paper. Refrigerate 2 hours. *(Can be made ahead. Refrigerate up to 24 hours.)* Makes 1 1/4 cups.

Cran-Apple Filling: Combine apples, cranberries and sugar in medium saucepan. Cover and cook, stirring occasionally, over medium heat until tender, 15 minutes. Cook uncovered, stirring, until juice is evaporated, 5 minutes more. Cool. *(Can be made ahead. Cover and refrigerate up to 24 hours.)* Makes 2 cups.

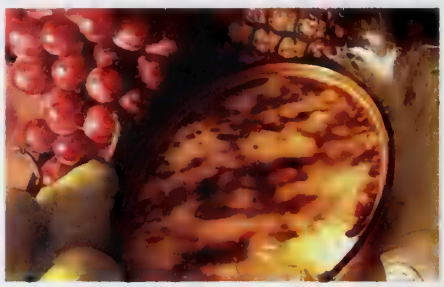
Almond Phyllo: Preheat oven to 375°F. Butter cookie sheet. Process nuts and sugar in food processor or blender until ground fine. Place 1 phyllo sheet on cookie sheet. (Keep remaining phyllo covered.) Brush lightly with melted butter and sprinkle with 1 tablespoon nut mixture. Layer 4 more phyllo sheets on top, brushing each sheet lightly with melted butter and sprinkling each with 1 tablespoon nuts. Add remaining phyllo sheet and brush with remaining butter. With sharp knife, cut phyllo lengthwise into 3 equal rectangles. Slice each rectangle crosswise into 6 equal pieces. Bake 8 to 10 minutes, until golden. Cool on wire rack. *(Can be made ahead. Store in airtight container up to 24 hours.)*

To assemble, beat cream until stiff and fold into pastry cream. For each napoleon: Place 1 rectangle on serving plate. Spoon on 2 tablespoons pastry cream, then 2 tablespoons filling. Add second rectangle, spoon on 2 more tablespoons each of cream and filling; top with third rectangle. Garnish with additional filling. Serve with Cranberry Sauce. Makes 6 servings.

Cranberry Sauce: Combine sugar, water and cranberries in medium saucepan. Bring to boil; reduce heat and simmer 10 minutes. Cool slightly. Puree in food processor or blender; strain through sieve. Refrigerate at least 1 hour. *(Can be made ahead. Cover and refrigerate up to 24 hours.)* Makes 2 cups.

Per serving with 2 T. sauce		Daily goal
Calories	470	2,000 (F), 2,500 (M)
Total fat	20 g	60 g or less (F); 70 g or less (M)
Saturated fat	10 g	20 g or less (F); 23 g or less (M)
Cholesterol	155 mg	300 mg or less
Sodium	175 mg	2,400 mg or less
Carbohydrates	67 mg	250 g or more
Protein	7 g	55 g to 90 g

CRÈME BRÛLÉE



Food editor's favorite *This silky, elegant French dessert is the ultimate creme brûlée, magnificent with or without sliced fruit.*

Prep time: 20 minutes plus standing and chilling
Baking time: 25 to 30 minutes

2 cups heavy or whipping cream
1 cup half-and-half cream
1 vanilla bean or 1 tablespoon vanilla extract
6 large egg yolks
3/4 cup sugar, divided
Boiling water

Assorted sliced fruit (optional)

Preheat oven to 300°F. Combine creams in medium saucepan. Bring just to boil over medium heat. Meanwhile, split vanilla bean lengthwise and scrape out seeds. Add bean and seeds to hot cream mixture. Cover and let stand 15 minutes.

Combine egg yolks and 1/2 cup sugar in medium bowl and whisk until light. Gradually whisk in 1/2 cup warm cream. Whisking constantly, pour in remaining cream; continue whisking until smooth. (If using vanilla extract, stir it in now.)

Strain custard through fine sieve into shallow 1-quart flame-proof baking or gratin dish. Discard vanilla bean. Skim off any foam on top of custard. Place dish in roasting pan; fill roasting pan with enough boiling water to reach halfway up sides of dish. Bake 25 to 30 minutes, until custard is barely set in the center. (Do not overbake. The custard will set as it cools.) Let stand in water bath 10 minutes. Carefully transfer to wire rack to cool completely. Cover and refrigerate 3 hours or overnight.

Preheat broiler. Sprinkle top of custard with remaining 1/4 cup sugar. Place dish in roasting pan. Pour ice water into roasting pan halfway up side of dish. Broil 3 inches from heat, rotating pan if necessary, 2 to 3 minutes, until sugar is melted and a dark amber color. Cool custard in ice water 5 minutes. Refrigerate 15 to 20 minutes before serving. Serve with sliced fruit. Makes 8 servings.

Per serving without fruit		Daily goal
Calories	365	2,000 (F), 2,500 (M)
Total fat	29 g	60 g or less (F); 70 g or less
Saturated fat	17 g	20 g or less (F); 23 g or less
Cholesterol	252 mg	300 mg or less
Sodium	40 mg	2,400 mg or less
Carbohydrates	22 mg	250 g or more
Protein	4 g	55 g to 90 g

WARM BANANAS WITH PISTACHIO PRALINE AND CARAMEL

Ice cream is scooped into a thin coc cup, then topped with bananas a caramel—a very trendy dessert combo.
Prep time: 40 minutes
Cooking time: 40 minutes

Pistachio Praline
2/3 cup sugar
2 tablespoons water
1/3 cup shelled pistachios or coarsely chopped almonds

Caramel Sauce
1 cup sugar
1/3 cup water
1 cup heavy or whipping cream

Cookie Cups
1/4 cup unsalted butter, softened
2/3 cup sugar
1 teaspoon vanilla extract
3 large egg whites
1/3 cup all-purpose flour

1 tablespoon butter
4 large or 6 small bananas, sliced into 1-inch pieces
1 tablespoon sugar
1 tablespoon dark rum
1 tablespoon fresh lemon juice
1 pint vanilla ice cream

Pistachio Praline: Grease cookie she Bring sugar and water to boil in sm saucepan over medium heat. Cook w out stirring until sugar is a dark aml color. Remove from heat and stir in n Immediately spread on prepared coo sheet to cool. Break cooled praline i small pieces. Makes 1 scant cup. *(Can made ahead. Store in airtight containe to 1 week.)*

Caramel Sauce: Bring sugar and wate boil in large saucepan over medium he Cook without stirring until sugar is a d amber color. Remove from heat and ca fully add cream (mixture will bubble c become lumpy). Return to heat and co stirring, until smooth. Serve warm. (C *be made ahead. Transfer to microwa proof bowl. Cover and refrigerate up t week. To reheat, microwave covered w wax paper on High 3 minutes.)* Mal 1 1/2 cups.

Cookie Cups: Preheat oven to 350 Generously coat 3 cookie sheets with ve etable cooking spray; set aside. Beat b ter and sugar in mixer bowl until light a fluffy. Add vanilla. Beat in egg whites c at a time. Stir in flour. Spoon 1/4 cup b ter onto cookie sheet and spread into inch circle, 2 cookies per sheet. Bake 8 10 minutes, until edges are *(continu*


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golden and centers begin to color. Cool on wire rack about 30 seconds, then carefully loosen with long, flexible metal spatula. (If cookies harden too fast, return to oven 1 minute.) Transfer to two 4-inch cereal bowls to mold. Repeat with remaining batter to form 6 cookie cups.

To serve, arrange cookie cups on 6 dessert plates. Melt butter in large nonstick skillet over high heat. Add bananas, sprinkle with sugar and cook, stirring, 2 minutes. Pour in rum and lemon juice; cook 1 minute more. Spoon bananas into cookie cups and top with ice cream. Sprinkle praline on top and serve with warm Caramel Sauce. Makes 6 servings.

Per serving with 2 T. sauce		Daily goal
Calories	655	2,000 (F), 2,500 (M)
Total fat	26 g	60 g or less (F); 70 g or less (M)
Saturated fat	14 g	20 g or less (F); 23 g or less (M)
Cholesterol	73 mg	300 mg or less
Sodium	96 mg	2,400 mg or less
Carbohydrates	102 mg	250 g or more
Protein	7 g	55 g to 90 g

RICH CHOCOLATE TART WITH CAPPUCCINO SAUCE

Indulgent but worth it *The chocolate is baked in a pastry crust and served with a robust coffee custard. This tart will remind you of the most scrumptious brownie you've ever had—and then some.*
Prep time: 35 minutes plus chilling Ⓜ ◒
Baking time: 35 minutes

Pastry
- 1 cup all-purpose flour
- 3 tablespoons sugar
- 1/4 teaspoon salt
- 1/2 cup unsalted butter, cut up

- 1/2 cup unsalted butter
- 4 squares (4 oz.) semisweet chocolate
- 2 squares (2 oz.) unsweetened chocolate
- 1/2 cup sugar
- 1/2 cup heavy or whipping cream
- 1 teaspoon vanilla extract
- 3 large eggs, lightly beaten

Cappuccino Sauce
- 2 cups milk
- 1 to 2 tablespoons coarsely ground espresso coffee beans (do not use instant powder)
- 1 cinnamon stick
- 4 large egg yolks
- 1/3 cup sugar

Chocolate Decorations
- 2 squares (2 oz.) semisweet chocolate
- 2 ounces white chocolate

Whipped cream

Pastry: Combine flour, sugar and salt in food processor; pulse. Add butter and process until pastry begins to hold together. Shape into ball. Roll into 10-inch circle between 2 sheets of lightly floured wax paper. Refrigerate 5 minutes. Remove 1 sheet of wax paper and fit pastry into 9-inch tart pan with removable bottom. Freeze 1 hour.

Preheat oven to 400°F. Remove wax paper and place pastry on cookie sheet. Bake 15 minutes or until golden. Cool on wire rack. Reduce oven heat to 350°F.

Meanwhile, melt butter with chocolates in double boiler over simmering water. Remove from heat and stir in sugar, cream and vanilla, then eggs. Pour into tart shell and place on cookie sheet. Bake 20 minutes or until just set. Remove sides of pan and cool completely on wire rack. Serve with Cappuccino Sauce, Chocolate Decorations and whipped cream. Makes 8 servings.

Cappuccino Sauce: Meanwhile, bring milk to boil in medium saucepan. Remove from heat; stir in coffee and cinnamon. Let stand 20 to 30 minutes.

Strain coffee mixture through sieve lined with cheesecloth into clean saucepan and reheat over medium heat. Meanwhile, whisk egg yolks with sugar in small bowl. Gradually whisk in hot milk; add to saucepan and cook over medium-low heat, stirring constantly, just until mixture is thickened and coats back of spoon. (Do not boil.) Strain through sieve into clean bowl. Cover surface with plastic wrap and refrigerate at least 2 hours. *(Can be made ahead. Refrigerate up to 4 hours.)* Makes 1 1/2 cups.

Chocolate Decorations: Place chocolates separately in 2 small plastic food storage bags. Microwave semisweet chocolate on Medium (50% power) 4 to 5 minutes, kneading every 2 minutes, until melted. Microwave white chocolate on Low (30% power) 6 to 8 minutes, kneading every 2 minutes, until melted. Line cookie sheet with parchment paper. Snip 1 corner of each bag and squeeze chocolates into leaf designs on prepared cookie sheet. Refrigerate until firm. *(Can be made ahead. Cover and refrigerate on parchment in airtight container up to 2 days.)* Peel away paper.

Per serving with 2 T. sauce		Daily goal
Calories	655	2,000 (F), 2,500 (M)
Total fat	46 g	60 g or less (F); 70 g or less (M)
Saturated fat	26 g	20 g or less (F); 23 g or less (M)
Cholesterol	240 mg	300 mg or less
Sodium	129 mg	2,400 mg or less
Carbohydrates	56 mg	250 g or more
Protein	8 g	55 g to 90 g

AMBROSIA CAKE

An orange-and-coconut layer cake that recalls the classic fruit compote, ambrosia, a holiday tradition at the Southern table.
Prep time: 45 minutes plus cooling ◒
Baking time: 25 minutes

Cake Layers
- 2 3/4 cups sifted cake flour
- 2 teaspoons baking powder
- 3/4 teaspoon salt
- 10 tablespoons unsalted butter, softened
- 1 3/4 cups sugar
- 3 large eggs, at room temperature
- 1 1/4 cups milk
- 1 1/2 teaspoons vanilla extract

Orange Filling
- 1 1/4 cups fresh orange juice
- 5 large egg yolks
- 10 tablespoons cold unsalted butter cut up
- 1/2 cup sugar
- 4 teaspoons fresh lemon juice
- 1 teaspoon grated orange peel

- 1 1/2 cups heavy or whipping cream
- 3 tablespoons confectioners' sugar
- 1/3 cup cream of coconut
- 1 tablespoon dark rum
- 1 cup unsweetened coconut chips*

Cake Layers: Preheat oven to 350 Grease three 8-inch round cake pa Line bottoms with wax paper; gre again and flour. Combine flour, bak powder and salt in medium bowl. B butter and sugar in mixer bowl until l and fluffy. Add eggs one at a time, b ing 1 minute after each addition. Co bine milk and vanilla and add to ba alternately with dry ingredients at speed, beginning and ending with dry gredients. Beat at medium speed 2 m utes. Pour into prepared pans.

Bake 25 minutes, until cakes p away from sides of pans and te spring back when touched lightly. C on wire racks 10 minutes. Remo pans, peel off wax paper and c completely.

Orange Filling: Bring orange juice to in saucepan over high heat; boil until duced to 1/3 cup. Combine yolks, bu sugar and lemon juice in medi saucepan. Add orange juice; cook, s ring, over medium-low heat until butte melted and custard coats back of spo about 10 minutes. (Do not boil.) Tran to small bowl and stir in orange pe Cover surface with plastic wrap and ref erate. Makes 1 2/3 cups.

With serrated knife, cut each cake half horizontally. Place one cake layer serving plate and spread scant 1/3 cup ange filling on top. Repeat, stacking maining layers and orange filling, end with cake layer. *(Can be made ahe Wrap well and refrigerate up to 24 hou*

Whip cream in mixer bowl to s peaks. Add sugar and continue bea until stiff; beat in cream of coconut rum. Spread whipped cream over top sides of cake. Decorate sides of cake coconut chips. Refrigerate up to 4 ho Makes 16 servings.

*Coconut chips are unsweetened coconut shavings an available in health food stores and Asian markets.

Per serving		Daily goal
Calories	475	2,000 (F), 2,500 (M)
Total fat	30 g	60 g or less (F); 70 g or less
Saturated fat	19 g	20 g or less (F); 23 g or less
Cholesterol	178 mg	300 mg or less
Sodium	195 mg	2,400 mg or less
Carbohydrates	48 mg	250 g or more
Protein	5 g	55 g to 90 g

Recipes by Carol Prager, Lisa Brain and Lori Longbotham.



You shouldn't have. You shouldn't have. You shouldn't have.

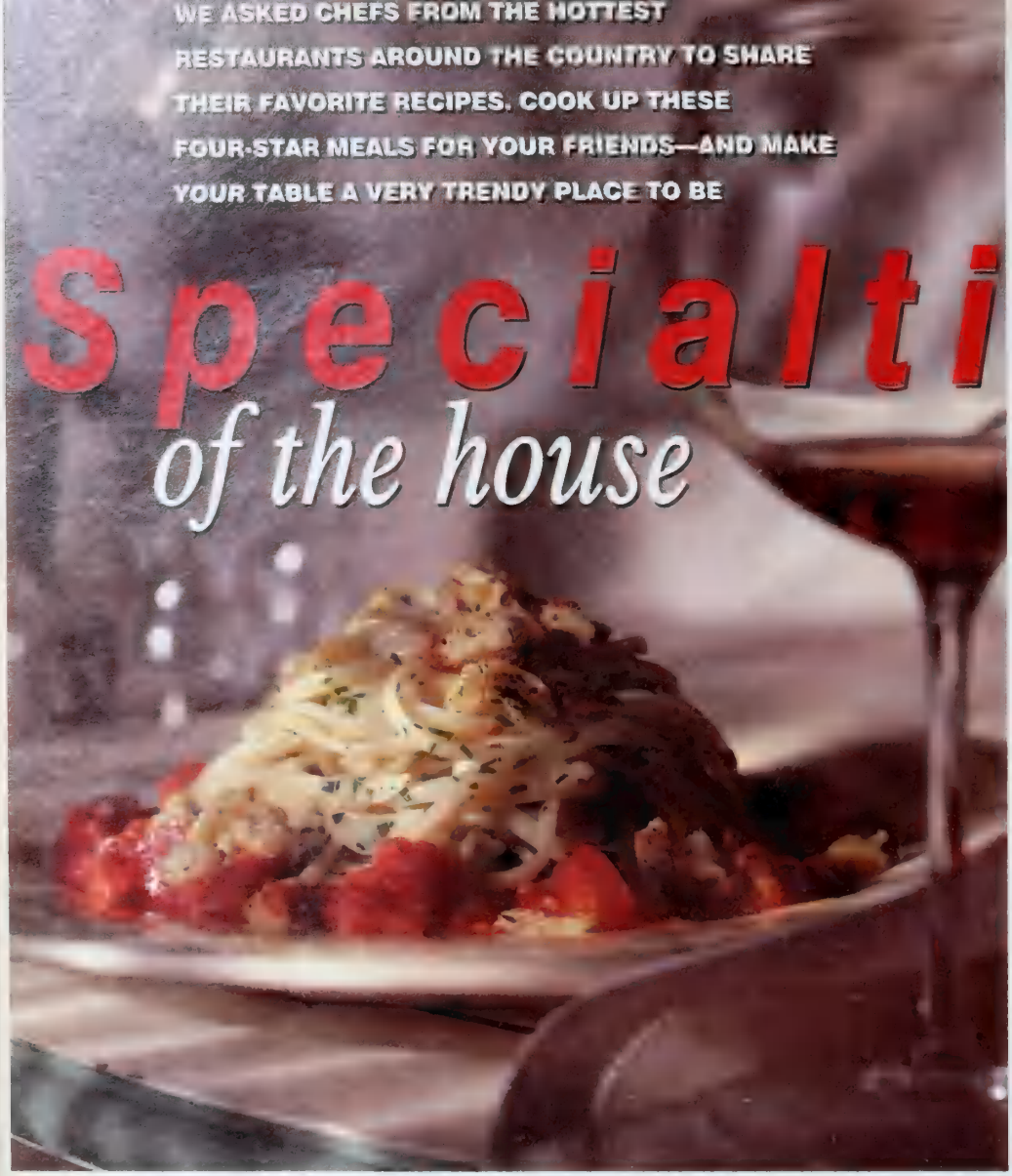
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Specialties of the house



For Evan Kleiman, a memorable meal doesn't require a lot of fuss. She gives humble ingredients like tomatoes, olive oil, garlic and bread a flavorful twist that turns pasta into a dazzling feast.

EVAN KLEIMAN • ANGELI RESTAURANTS, LOS ANGELES

MENU FOR 6
SMOKED TROUT ON BED OF GREENS
LINGUINE AGLIO E OLIO FESTIVA
WARM BANANAS WITH PISTACHIO PRALINE AND CARAMEL (RECIPE ON PAGE 232)

LINGUINE AGLIO E OLIO FESTIVA

Prep time: 30 minutes
Cooking time: 15 minutes

Croutons
- 2 tablespoons extra-virgin olive oil
- 1 large garlic clove, crushed
- 3 cups fresh, coarse bread crumbs (from French or Italian bread)
- 1 teaspoon chopped fresh thyme or 1/4 teaspoon dried
- 1/4 teaspoon freshly ground pepper

Tomato Sauce
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon minced garlic
- 3 pounds plum tomatoes, diced
- Pinch red pepper flakes
- 1/2 teaspoon salt

- Salt
- 1 pound linguine
- 1/4 cup extra-virgin olive oil
- 4 garlic cloves, sliced paper-thin
- 1/2 teaspoon red pepper flakes
- 2 tablespoons fresh lemon juice
- 1/2 cup chopped flat-leaf parsley
- Freshly grated Parmesan cheese

Croutons: Heat oil in large skillet over low heat. Add garlic and cook until fragrant, 3 minutes. Stir in bread crumbs until well coated. Cook, stirring occasionally, over medium-low heat until crisp and golden, 10 to 15 minutes. Add thyme and pepper. Discard garlic. Transfer to bowl; cool.

Tomato Sauce: Heat oil in large skillet over medium heat. Add garlic and cook, stirring, until fragrant. Add tomatoes, pepper flakes and salt; cook, stirring occasionally, over high heat until juices are slightly thickened, 10 to 15 minutes. Keep warm.

Bring large pot of boiling water with 1 tablespoon salt to boil. Add linguine and cook just until tender. Meanwhile, heat oil with sliced garlic in small skillet over low heat until garlic is opaque, 4 minutes (do not brown). Stir in pepper flakes, 1/2 teaspoon salt and the lemon juice. Toss with linguine and parsley in large, shallow bowl. Ladle sauce around pasta. Sprinkle pasta with croutons and toss. Serve with Parmesan. Makes 6 servings.

Per serving		Daily goal
Calories	540	2,000 (F), 2,500 (M)
Total fat	19 g	60 g or less (F); 70 g or less (M)
Saturated fat	3 g	20 g or less (F); 23 g or less (M)
Cholesterol	1 mg	300 mg or less
Sodium	521 mg	2,400 mg or less
Carbohydrates	81 mg	250 g or more
Protein	14 g	55 g to 90 g

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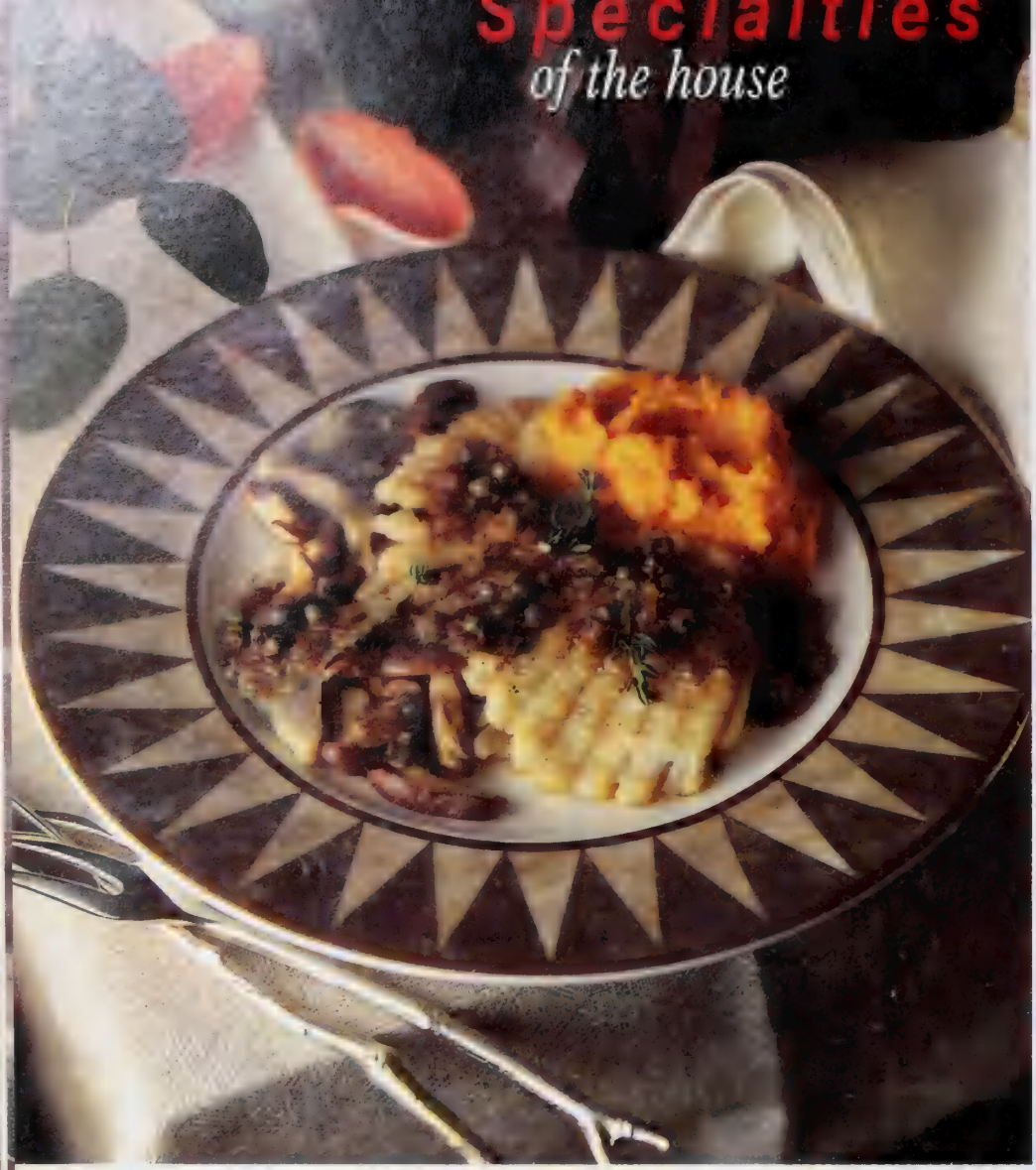
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Specialties of the house



On the menu of his elegant restaurant, skate is David Bouley's favorite fish. As versatile as it is hard to overcook, the moist, white fish has a sweet, slightly peppery flavor that goes gloriously with a sophisticated sauce of capers, artichokes and shiitake mushrooms.

DAVID BOULEY • BOULEY, NEW YORK CITY

MENU FOR 4

TOSSED GREEN SALAD
FILLET OF SKATE WITH CAPERS, ARTICHOKES AND MUSHROOM DRESSING
CARROT PUREE
CRAN-APPLE NAPOLEON (PAGE 230)

FILLET OF SKATE WITH CAPERS, ARTICHOKES AND MUSHROOM DRESSING

Prep time: 2 1/2 hours
Cooking time: 13 to 15 minutes

- 1 1/4 pounds white mushrooms, sliced thin
- 1 small onion, peeled and quartered
- 4 medium artichokes
- 5 tablespoons butter, divided
- 4 ounces shiitake mushrooms, stems removed, tops sliced thin
- 1/4 cup minced shallots
- Salt and freshly ground pepper
- 2 teaspoons olive oil
- 4 skate, sole or flounder fillets (5-6 oz. each)
- 1/4 cup quick-mixing flour
- 2 tablespoons balsamic vinegar
- 1 teaspoon chopped fresh thyme
- 2 tablespoons capers, drained

Bring 2 quarts water to boil with sliced white mushrooms in large saucepot. Simmer until liquid is reduced to 3/4 cup, about 2 1/2 hours. Strain broth and set aside. Discard mushrooms.

Meanwhile, preheat oven to 300°F. Wrap onion in foil. Bake 35 to 40 minutes, until very tender. Cool. Press onion through mesh sieve; reserve for sauce.

While onion is cooking, place whole artichokes on steamer rack over water in saucepan. Cover and steam over high heat until tender, 20 to 25 minutes. Cool. Remove outer leaves and choke; peel and trim stem. Cut artichoke hearts into thin slices; set aside. Heat 1 tablespoon butter in skillet over medium heat. Add shiitake mushrooms; cook until just softened, 2 minutes. Add shallots; cook, stirring, until tender, 3 minutes. Add artichoke, 1/4 teaspoon salt and 1/8 teaspoon pepper; heat through. Keep warm in platter.

Heat oil in large nonstick skillet over high heat. Season fish with 1/2 teaspoon salt and 1/4 teaspoon pepper; coat with flour, shaking off excess. Add to skillet in batches and cook until golden on both sides, 4 to 6 minutes. Transfer to serving platter with artichokes.

Discard any remaining oil in skillet. Add remaining 4 tablespoons butter and cook until brown. Remove from heat. Add vinegar, mushroom broth, onion puree and thyme; simmer until slightly thickened, 2 minutes. Add capers and pour over fish. Serve immediately. Makes 4 servings.

Per serving		Daily goal
Calories	445	2,000 (F), 2,500 (M)
Total fat	19 g	60 g or less (F); 70 g or less (M)
Saturated fat	9 g	20 g or less (F); 23 g or less (M)
Cholesterol	125 mg	300 mg or less
Sodium	747 mg	2,400 mg or less
Carbohydrates	32 mg	250 g or more
Protein	42 g	55 g to 90 g

THE CHICKEN.



THE SECRET.



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COUNTRY HERB ROASTED CHICKEN

- 2½ to 3-pound chicken, cut into serving pieces
- 1 envelope Lipton® Savory Herb with Garlic Recipe Soup Mix
- 2 tablespoons water
- 1 tablespoon olive or vegetable oil

Preheat oven to 375°. In 13 × 9-inch baking pan, arrange chicken. In small bowl, combine remaining ingredients; brush on chicken. Bake 45 minutes or until chicken is done. Makes about 4 servings.

ton Recipe Secrets™ New Savory Herb with Garlic. Recipe Soup Mix for Chicken.
The Secret Worth Passing Around.



Serving food that is simply beautiful—and absolutely foolproof—is every hostess's dream. Suzette Gresham-Tognetti's moist baked salmon with a Southern Italian sauce makes her restaurant patrons clamor for the recipe. Your guests will, too.

SUZETTE GRESHAM-TOGNETTI ● ACQUERELLO, SAN FRANCISCO

MENU FOR 4
FRESH FIGS AND PROSCIUTTO
SALMON SALMORIGLIO
STEAMED SWISS CHARD
ROASTED POTATOES
CHOCOLATE TART WITH CAPPUCCINO SAUCE (RECIPE ON PAGE 234)

SALMON SALMORIGLIO

Prep time: 50 minutes plus marinating ○
Cooking time: 12 to 14 minutes

Marinade
- 1 lemon
- 1 1/2 teaspoons black peppercorns
- 1/4 cup olive oil
- 2 garlic cloves, peeled and halved

4 pieces salmon fillet (5-6 oz. each)

Oregano Crumbs
- 4 slices firm white sandwich bread
- 1/3 cup plain dry bread crumbs
- 2 teaspoons chopped fresh oregano
- 1 teaspoon dried oregano, crumbled
- 1 teaspoon freshly ground pepper
- 1 small garlic clove, minced
- 2 tablespoons extra-virgin olive oil

Sliced lemon and oregano sprigs

Sauce
- 1 lemon
- 2 tablespoons extra-virgin olive oil
- 3/4 teaspoon sugar
- 3/4 teaspoon chopped fresh oregano
- 1/4 teaspoon dried oregano
- 1/4 teaspoon minced garlic
- 1/4 teaspoon *each* salt and pepper

Marinade: With swivel-bladed vegetable peeler, remove strips of peel from lemon (reserve lemon for another use). Place peppercorns in plastic sandwich bag; crush with mallet or bottom of heavy pot. Heat peel, crushed pepper, oil and garlic in small saucepan over low heat just until fragrant, 3 to 5 minutes. Cool.

Place salmon in glass dish. Pour on marinade and turn to coat well. Cover and refrigerate overnight.

Oregano Crumbs: Preheat oven to 400°F. In food processor, pulse bread into coarse crumbs. Toast on cookie sheet in oven until golden, 6 minutes. Transfer to large bowl and stir in dry bread crumbs, oregano, pepper and garlic. Drizzle with oil and toss.

Line baking sheet with parchment paper or foil. Remove salmon from marinade. Spread Oregano Bread Crumbs on sheet of wax paper and press firmly onto salmon on all sides. Place salmon, skin side down, on baking sheet and bake at 400°F. 12 to 14 minutes. Transfer to serving plates and drizzle sauce on top. Garnish with lemon slices and oregano sprigs. Makes 4 servings.

Sauce: With swivel-blade peeler, remove strips of lemon peel. Cut into slivers. Squeeze 3 tablespoons juice from lemon. In small bowl, combine peel and juice with remaining ingredients. Let stand 30 minutes. Makes 1/3 cup.

Per serving		Daily goal
Calories	515	2,000 (F), 2,500 (M)
Total fat	32 g	60 g or less (F); 70 g or less (M)
Saturated fat	5 g	20 g or less (F); 23 g or less (M)
Cholesterol	87 mg	300 mg or less
Sodium	387 mg	2,400 mg or less
Carbohydrates	22 mg	250 g or more
Protein	34 g	55 g to 90 g



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Thomas Kinka
Painter of Ligh

"The Magic of Christmas"

First issue in
Thomas Kinkade's Yuletide Memories
Rimmed in 22-karat gold
In full color on fine porcelain
Actual diameter 8¼ inches
©1992 Knowles®

Let the magic of Christmas warm your heart… a Bradford Exchange recommendation



CHRISTMAS DELIVERY GUARANTEED on orders received by December 1st!

snow-covered street bustles with holiday activity. It is istmas Eve, and passers-by pause to marvel at the wel- ing light that radiates from the heart of a magnificent orian home. This glowing scene of Christmas past has n captured by artist Thomas Kinkade and re-created on ne porcelain collector's plate. "The Magic of Christmas" vailable now—and it looks like a smart buy. Here's why a Bradford Exchange recommendation:

The Magic of Christmas" is an important first issue, the plate in *Thomas Kinkade's Yuletide Memories* collection n Knowles China, an affiliate of the Bradford Exchange.

's an impressive work of art, created from an original k by Thomas Kinkade, the acclaimed Painter of Light,™ o won Best Plate in Show at the 1991 International Col- ibles Expo. Attesting to its importance, each plate will and-numbered and accompanied by a correspondingly d-numbered Certificate of Authenticity.

The Magic of Christmas" has the potential to appreciate alue, because the edition is limited to a maximum of 150 g days. Once the edition closes, collectors' demand could ed the supply of plates and force asking prices up.

Bradford Exchange…picking winners since 1973. World-wide, limited-edition plates are the *only* collectibles traded on an organized exchange. And with offices in the United States and eleven other countries, Bradford is at the very heart of this exciting international market. That means Bradford analysts can often spot trends in the making.

If, for example, you had followed one of our major recommendations in 1987, you would have bought the first issue in the *Scenes of Christmas Past* series at just $27.50—a plate that last traded at $60.00.** More recently, if you had acquired "Coming Home," you would now own a Christmas plate that last traded at 146% of its 1989 issue price.

Like any marketplace subject to the laws of supply and demand, the plate market is constantly changing. Some exceptional plates appreciate in value; some plates go down, and many remain at or near issue price. But right now, Bradford Exchange analysts rate "The Magic of Christmas" as one of the year's top prospects…and we'll back up your purchase with our unconditional 365-day guarantee.

To acquire "The Magic of Christmas" at its $29.90 issue price—backed by our 365-day guarantee—simply fill out and mail the order form provided. *Send no money now.* You will be billed when your plate is shipped. But don't delay. The time to get "The Magic of Christmas" is now, *before* it has a chance to increase in value.

**Reflects last trades on the exchange as reported in the Bradford Exchange Market Report, Vol. IV-6.

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Within one full year after you receive your plate, you may return it to us if for any reason you are not completely satisfied. We will issue you a refund for everything you have paid, including postage.

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THIS YEAR, *LHJ* WENT IN SEARCH OF A SPECIAL THANKSGIVING CELEBRATION THAT TRULY SERVES UP THE SPIRIT OF SHARING. THE HIBLER FAMILY, FROM PORTLAND, OREGON, HAS MADE THIS HOLIDAY AN ALL-HANDS-ON-DECK AFFAIR FOR TWENTY YEARS. LEARN THEIR SECRETS FOR A SUCCESSFUL AND DELICIOUS TURKEY DINNER

BRING-A-DISH THANKSGIVING DINNER

MENU FOR 24

Roasted Garlic-Pepper Dip with Smoked Fish and Vegetables
Green Salad with Warm Brie Dressing
Roast Turkey with Apple-Pecan Stuffing
Holiday Mashed Potatoes
Last-Minute Peas with Prosciutto and Shallots
Baked Broccoflower with Toasted Hazelnut Sauce
Wine-Laced Creamed Onions
Dave's Cranberry Sorbet
Frozen Pumpkin Mousse Pie
McIntosh Apple Tart
Fresh Pear Upside-Down Cake
Spicy Pumpkin Cheesecake in Hazelnut Crust

ROASTED GARLIC-PEPPER DIP WITH SMOKED FISH AND VEGETABLES

Because there's always so much food for Thanksgiving, we keep the appetizer simple. I assign a guest to bring a basket of crudités and this surprisingly mild garlic dip—the flavor is best if made a day ahead.

Prep time: 1 1/2 hours plus chilling ▼○
Cooking time: 45 minutes

Roasted Garlic-Pepper Dip
- 2 large heads garlic, tops removed
- 1 red pepper or 1/2 cup jarred roasted pepper, rinsed and drained
- 1 cup light sour cream
- 3/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper

Assorted cut vegetables: 2 pounds carrots, 3 heads Belgian endive, 1 pound jicama, 3 red or yellow peppers, 2 European cucumbers

2 pounds smoked trout or smoked salmon, cut into 1-inch pieces

2 pounds cooked medium shrimp, peeled and deveined

Assorted crackers

Preheat oven to 350°F. Roast garlic in small baking dish 45 minutes or until tender. Transfer to wire rack to cool. Meanwhile, if using fresh red pepper, broil 5 inches from heat source 20 minutes, turning every 5 minutes, until skin is blistered and browned. Cover and cool.

When garlic is cool enough to handle, squeeze enough paste from cloves to measure 3 tablespoons. In food processor, puree garlic, red pepper, sour cream, salt and *(continued)*

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Butterball's Tendergold™ deep basting means breast meat is always moist and delicious.

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plastic bags make removal a snap, especially if the turkey is still partially frozen.



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Guaranteed easy to carve—
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Butterball's special leg tuck means no more metal clips.



This holiday, Butterball guarantees a turkey that's juicy, plump, tender and delicious. Or your money back.

For questions about preparation, call the Butterball Turkey Talkline, 1-800-323-4848, during November and December. You'll receive a free calendar/cookbook while supplies last. (For the hearing impaired, call 1-800-TDD-3848.)

Available fresh or frozen.

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The Turkey You Want **BUTTERBALL®** From The Name You Trust.

(continued) ground pepper. Makes 1 1/2 cups. *(Can be made ahead. Cover and refrigerate up to 24 hours.)*

Arrange bowl of dip on large platter with vegetables, fish and crackers. Makes 24 servings.

Per tablespoon dip, 2 shrimp, 1 cracker		Daily goal
Calories	135	2,000 (F), 2,500 (M)
Total fat	3 g	60 g or less (F); 70 g or less (M)
Saturated fat	1 g	20 g or less (F); 23 g or less (M)
Cholesterol	72 mg	300 mg or less
Sodium	382 mg	2,400 mg or less
Carbohydrates	11 mg	250 g or more
Protein	15 g	55 g to 90 g

ROAST TURKEY WITH APPLE-PECAN STUFFING

This is where I step into the spotlight: making the turkey, stuffing and gravy. (Note: For turkey hot-line info and easy carving tips, see page 265.)

Prep time: 1 hour ○



Cooking time: 4 1/2 to 5 1/2 hours

Stuffing
- 1 cup butter or margarine
- 2 1/4 cups diced onions
- 1 1/2 cups diced celery
- 1 1/2 pounds bulk sausage
- 2 1/2 cups chicken broth
- 3 cups diced apples
- 3/4 cup chopped fresh parsley
- 1 1/2 teaspoons sage
- 3/4 teaspoon freshly ground pepper
- 3 packages (7 oz. each) cornbread stuffing mix
- 3 cups coarsely chopped pecans
- 3 large eggs, beaten

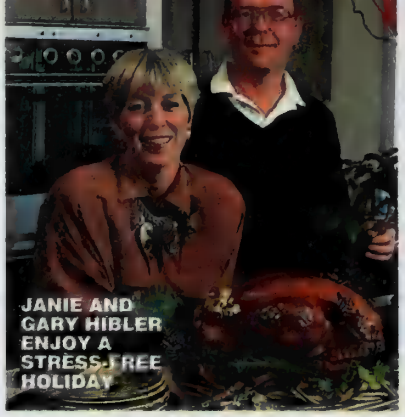
1 whole turkey (20 lb.), thawed if frozen
2 tablespoons butter or margarine
1/3 cup all-purpose flour
Chicken broth
Salt and freshly ground pepper

Stuffing: Melt butter in large skillet over medium heat. Add onions and celery; cook until translucent, 5 minutes. Transfer to large bowl. In same skillet cook sausage, stirring to break up meat, until browned, 10 minutes. Add to bowl with vegetables. Stir in broth, apples, parsley, sage and pepper. Cool. *(Can be made ahead. Cover and refrigerate up to 24 hours. Just before roasting, add remaining ingredients.)* Stir in stuffing mix, pecans and eggs. Makes 21 cups.

Preheat oven to 325°F. Loosely fill neck and body cavities of turkey with stuffing. (Transfer remaining stuffing to shallow baking dish. Cover with foil and refrigerate.) Fold neck skin over back of turkey and fasten with skewer or toothpicks. Tie legs together with string.

Place turkey, breast side up, on rack in shallow roasting pan. Rub with butter. Roast 4 1/2 to 5 1/2 hours, until meat thermometer inserted in inner thigh reaches 180°F. After 4 hours, add reserved stuffing to oven and bake covered 1 hour. Transfer turkey to platter. Let stand 15 minutes before carving. Makes 24 servings.

To make pan gravy: Pour off and reserve drippings from pan. Skim off fat, reserving 1/4 cup; discard remaining fat. Return reserved fat to pan. Stir in flour and cook, stirring, *(continued)*



THE RELAXED HOSTS

Why is this woman smiling? Because she's having twenty-four people for Thanksgiving, and all she has to do is make the turkey, stuffing and gravy—and delegate the rest to her guests. Janie Hibler, a free-lance food writer and author of the recently published book *Dungeness Crabs and Blackberry Cobblers* (Knopf), and her husband, Gary, an investment adviser, believe that Thanksgiving should be a stress-free (emotionally and financially) holiday. That's why each year, the hosts rotate the responsibility of roasting the turkey, and assign the appetizers, side dishes, desserts and wine in the right quantities to family members and friends. For a fast centerpiece, Janie sends the children out to gather colorful fall leaves, then she makes "a stream of them down the middle of the table with votive candles on top."

Janie's best advice is to let go of your traditional dinner-party expectations and remember that this is a group expression. Sometimes, she says, it even leads to the creation of a new recipe. "When my sister-in-law, Mary, put sour cream and pecans on the mashed potatoes instead of on the sweet potatoes as the instructions indicated, everyone asked for the new recipe."

All in all, says Janie, "it's a wonderful day, and I'm really able to enjoy my family." Why not make this holiday your easiest ever, and try a bring-a-dish Thanksgiving at your house?

—LESLIE LAMPERT



F YOU LIKE IT ON THE STOVE, YOU'LL LOVE IT IN THE BIRD.

The top of the stove isn't the only place you can make Stove Top® Stuffing. ou can make Stove Top just as easily right in your chicken or turkey—for delicious, moist stuffing that makes any occasion more special.



Stove Top®

IN THE BIRD DIRECTIONS

SIZE OF BIRD	# OF 6 OZ. PACKAGES OR 8 OZ. CANISTERS*
UP TO 8 LBS.	1
8 TO 12 LBS.	2
12 TO 20 LBS.	3

1. For each package, stir contents of vegetable/seasoning packet, 1-1/2 cups hot water, and 1/4 cup margarine in large bowl.
2. Stir in stuffing crumbs. DO NOT STUFF BIRD UNTIL READY TO ROAST.
3. Rinse bird; pat dry. Stuff lightly with prepared stuffing; close openings with skewers. Roast as directed on poultry wrapper.

*For each canister, stir stuffing mix into 1-3/4 cups hot water and 1/4 cup margarine. Continue as directed in step 3.

(Recipe also on package/canister.)



CLOCKWISE FROM LEFT: LAST-MINUTE PEAS WITH PROSCIUTTO AND SHALLOTS, HOLIDAY MASHED POTATOES, CREAMED ONIONS, BAKED BROCCOFLOWER WITH TOASTED HAZELNUT SAUCE

(continued) over medium heat 2 minutes. Combine skimmed pan drippings with enough chicken broth to equal 4 1/2 cups. Add to pan, bring to boil and cook, stirring, 5 minutes more. Season with salt and pepper. Makes 3 cups.

Per 3 oz. turkey, 1/2 cup stuffing, 2 T. gravy		Daily goal
Calories	405	2,000 (F), 2,500 (M)
Total fat	24 g	60 g or less (F); 70 g or less (M)
Saturated fat	8 g	20 g or less (F); 23 g or less (M)
Cholesterol	106 mg	300 mg or less
Sodium	550 mg	2,400 mg or less
Carbohydrates	16 mg	250 g or more
Protein	30 g	55 g to 90 g

HOLIDAY MASHED POTATOES

Make-ahead mashed potatoes? Why not? Have a guest bring them in a foil-covered baking dish, and just heat in the oven.

Prep time: 35 minutes ○
Baking time: 30 minutes

8 pounds baking potatoes, peeled and cut into eighths
Salt
1 can (13 3/4 or 14 1/2 oz.) chicken broth
1/2 cup butter or margarine, softened
1 cup light sour cream
1 teaspoon poultry seasoning
Paprika

Butter 13x9-inch baking dish; set aside.

Combine potatoes, 1 teaspoon salt and water to cover in large Dutch oven. Bring to boil, reduce heat and simmer until tender, 17 minutes. Drain. Return potatoes to pot with broth, butter, sour cream, poultry seasoning and 2 teaspoons salt. Beat with hand-held electric mixer or potato masher until smooth.

Spread potatoes in baking dish and sprinkle with paprika. *(Can be made ahead. Cover and refrigerate up to 2 hours. Bake in preheated 350°F. oven 30 minutes, until puffed and heated through.)* Makes 16 cups.

Per 3/4 cup		Daily goal
Calories	165	2,000 (F), 2,500 (M)
Total fat	6 g	60 g or less (F); 70 g or less (M)
Saturated fat	4 g	20 g or less (F); 23 g or less (M)
Cholesterol	16 mg	300 mg or less
Sodium	152 mg	2,400 mg or less
Carbohydrates	24 mg	250 g or more
Protein	4 g	55 g to 90 g

LAST-MINUTE PEAS WITH PROSCIUTTO AND SHALLOTS

The only recipe in our menu that is not made ahead. Kelly, our twenty-five-year-old son, happily handles it.

Prep time: 15 minutes ▽○
Cooking time: 6 to 7 minutes

3 tablespoons butter or margarine
1/4 cup minced shallots
3 ounces prosciutto ham in 1 piece, cut into 1/8-inch dice
3 bags (16 oz. each) frozen peas, thawed
1/4 teaspoon *each* salt and pepper

Melt butter in large skillet over medium-high heat. Add shallots and cook until tender, 3 minutes. Add prosciutto, peas, salt and pepper. Cook, stirring occasionally, until heated through, 6 to 7 minutes. Makes 9 cups.

Per 1/3 cup		Daily goal
Calories	55	2,000 (F), 2,500 (M)
Total fat	2 g	60 g or less (F); 70 g or less (M)
Saturated fat	1 g	20 g or less (F); 23 g or less (M)
Cholesterol	5 mg	300 mg or less
Sodium	169 mg	2,400 mg or less
Carbohydrates	7 mg	250 g or more
Protein	3 g	55 g to 90 g

BAKED BROCCOFLOWER WITH TOASTED HAZELNUT SAUCE

We love this contribution of our friends, Kathy and Gary Kurtz. It can be made with either cauliflower or the newer vegetable, broccoflower.

Prep time: 30 minutes ▽○
Cooking time: 20 to 25 minutes

4 heads broccoflower or 3 heads cauliflower, cut into florets (8 1/2 lb.)
3 green onions, minced
1 1/2 cups light sour cream
4 teaspoons flour
1/2 cup mayonnaise
5 teaspoons Dijon mustard
1/2 teaspoon dillweed (optional)
1 teaspoon salt
1/2 teaspoon freshly ground pepper
2/3 cup chopped toasted hazelnuts
1/2 cup unflavored dry bread crumbs
4 teaspoons butter or margarine, melted

Preheat oven to 350°F. In batches, place florets in steamer basket over simmering water and steam until tender-crisp, 7 to 8 minutes per batch. Transfer to two 13x9-inch baking dishes. In small bowl, combine green onions, sour cream, flour, mayonnaise, mustard, dillweed, salt and pepper; spread mixture evenly over florets. In another bowl, combine nuts, bread crumbs and melted butter; sprinkle over sour cream. Bake 20 to 25 minutes, until top is golden and broccoflower is tender. Makes 24 servings.

Per serving		Daily goal
Calories	110	2,000 (F), 2,500 (M)
Total fat	9 g	60 g or less (F); 70 g or less (M)
Saturated fat	2 g	20 g or less (F); 23 g or less (M)
Cholesterol	10 mg	300 mg or less
Sodium	181 mg	2,400 mg or less
Carbohydrates	7 mg	250 g or more
Protein	3 g	55 g to 90 g

(continued)



The "Hope you made more than one" Pumpkin Pie.

Libby's Famous Pumpkin Pie

- 1 pkg. (15-oz.) Pillsbury All Ready Pie Crusts
- 2 eggs, lightly beaten
- 3/4 cup granulated sugar
- 1 can (16-oz.) Libby's® Solid Pack Pumpkin
- 1/2 tsp. salt
- 1 tsp. ground cinnamon
- 1/2 tsp. ground ginger
- 1/4 tsp. ground cloves
- 1 can (12 fl. oz.) undiluted Carnation® Evaporated Milk

Prepare pie crust according to package directions for filled one-crust pie using 9-inch pie pan. Twist edge as shown.* Mix filling ingredients in order. Pour into crust. Bake in preheated 425°F oven for 15 minutes. Reduce heat to 350°F. Bake additional 40–50 minutes or until knife inserted near center comes out clean. (If necessary, cover the edge of the crust with aluminum foil to prevent excessive browning.) Cool; garnish if desired.

*Trim dough even with outside edge of pan, brush edge of crust with egg white. Cut six 1/4"-wide strips from remaining dough. Twist two strips together and place along edge of crust, pressing lightly to secure. NOTE: Bake pie on preheated heavy-duty cookie sheet only when using metal or foil pie pan.

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(continued)

WINE-LACED CREAMED ONIONS

Think carefully about whom you ask to make this wonderful dish: Anyone who will peel two pounds of pearl onions is really a friend!

Prep time: 45 minutes ○
Baking time: 25 minutes

Salt
2 pounds pearl onions, peeled
6 tablespoons butter or margarine
1/2 cup all-purpose flour
2 cups half-and-half cream
3 tablespoons dry white wine
1/4 teaspoon freshly ground pepper
2 tablespoons minced fresh parsley

Bring 4 quarts water and 1/2 teaspoon salt to boil in large saucepot over medium-high heat. Add onions and cook until just tender, 10 to 15 minutes. Drain; reserve 2 cups cooking liquid.

Meanwhile, preheat oven to 350°F. Melt butter in large saucepan over medium heat. Add flour and cook, stirring constantly, until bubbly, 3 minutes. Whisk in cream, reserved cooking liquid and wine. Bring to simmer and cook until thickened, 5 minutes. *(Can be made ahead. Cover sauce and onions separately and refrigerate up to 24 hours.)* Stir in onions, 1/2 teaspoon salt and the pepper; cook until heated through. Pour into 2-quart ovenproof casserole with lid. Cover and bake 25 minutes (45 minutes if made ahead), until onions are tender. Sprinkle with parsley. Makes 7 cups.

Per 1/4 cup		Daily goal
Calories	65	2,000 (F), 2,500 (M)
Total fat	4 g	60 g or less (F); 70 g or less (M)
Saturated fat	3 g	20 g or less (F); 23 g or less (M)
Cholesterol	13 mg	300 mg or less
Sodium	94 mg	2,400 mg or less
Carbohydrates	5 mg	250 g or more
Protein	1 g	55 g to 90 g

GREEN SALAD WITH WARM BRIE DRESSING

We serve this salad as a first course. Family friend Richard Ransome, the manager of the Riverplace Alexis Hotel, surprised me last year by bringing his chef's signature dish. After one bite, it instantly became part of our Thanksgiving tradition.

Total prep time: 20 minutes ▽○

1/4 cup walnut oil
2 tablespoons vegetable oil



1 pound Brie cheese, rind removed
1/4 cup sherry vinegar
1 cup heavy or whipping cream
1/2 teaspoon salt
1/4 teaspoon freshly ground pepper
32 cups assorted torn greens (Boston lettuce, watercress, arugula, green-leaf lettuce)
1 1/4 cups toasted, chopped walnuts
2 Granny Smith apples, cut into 1/2-inch cubes

Heat oils in large saucepan over medium-low heat. Cut cheese into 1-inch pieces. Add to pan and whisk until melted. Whisk in vinegar, cream, salt and pepper. Cook, stirring, until heated through, 10 minutes. *(Can be made ahead. Cover and let stand 2 hours. Reheat in double boiler over simmering water, stirring occasionally, 15 minutes.)* Makes 3 cups.

Arrange greens on plates. Top with walnuts and apples. Pass warm dressing. Makes 24 servings.

Per serving		Daily goal
Calories	185	2,000 (F), 2,500 (M)
Total fat	16 g	60 g or less (F); 70 g or less (M)
Saturated fat	3 g	20 g or less (F); 23 g or less (M)
Cholesterol	32 mg	300 mg or less
Sodium	136 mg	2,400 mg or less
Carbohydrates	5 mg	250 g or more
Protein	6 g	55 g to 90 g

DAVE'S CRANBERRY SORBET

We have served this frozen berry ice in place of cranberry sauce since our college days, thanks to our old friend Dave Bogardus. His grandmother served it at the holidays back in Red Cloud, Nebraska.

Prep time: 15 minutes plus freezing
Cooking time: 5 to 10 minutes ▼▽○

2 bags (12 oz. each) fresh cranberries
2 cups fresh or frozen blueberries
2 1/2 cups sugar
6 tablespoons fresh lemon juice

Combine berries in large saucepan over medium-high heat. Bring to simmer and cook until most of the cranberries are popped, 5 to 6 minutes. Puree berries in batches in food processor or food mill. Strain through sieve into bowl. Add sugar and lemon juice; stir until sugar is dissolved. Cool. Freeze in shallow 2 1/2-quart casserole until almost set, 1 1/2 hours. Transfer to mixer bowl and beat until frothy. Freeze again until firm, at least 4 hours. *(Can be made ahead. Freeze in airtight container up to 3 days.)* Makes 9 1/2 cups.

Per 1/3 cup serving		Daily goal
Calories	90	2,000 (F), 2,500 (M)
Total fat	0 g	60 g or less (F); 70 g or less (M)
Saturated fat	0 g	20 g or less (F); 23 g or less (M)
Cholesterol	0 mg	300 mg or less
Sodium	1 mg	2,400 mg or less
Carbohydrates	23 mg	250 g or more
Protein	0 g	55 g to 90 g

FROZEN PUMPKIN MOUSSE PIE

Whipped cream is folded into pumpkin puree and seasoned with ginger and nutmeg. Because it's frozen, assign this dish to someone who lives less than two hours away.

Prep time: 20 minutes plus cooling and freezing
Baking time: 8 minutes ○

Crust
1 1/4 cups graham cracker crumbs
1/4 cup sugar
5 tablespoons butter or margarine, melted

Filling
1 can (16 oz.) pumpkin
3/4 cup sugar
1/2 teaspoon ginger
1/4 teaspoon nutmeg
1/4 teaspoon salt
1 1/2 cups heavy or whipping cream, divided

(continued)

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et more recipes, look for your free "Healthy Habit Recipes" booklet in the Dannon display at your supermarket or call this toll-free number: **1-800-321-2174.**



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Dannon Apple Spice Cake

Ingredients:

- 2-3/4 c. unsifted all-purpose flour
- 2-1/4 c. sugar
- 2-1/2 tsp. baking soda
- 1-1/4 tsp. baking powder
- 1 tsp. cinnamon
- 1/2 tsp. allspice
- 1 tsp. salt
- 1/4 tsp. cloves
- 1-3/4 c. applesauce
- 1-1/4 c. Dannon® Plain Nonfat Yogurt
- 1/2 c. cholesterol-free egg substitute
- 1/3 c. vegetable oil
- 1 c. raisins
- Quick Yogurt Glaze (recipe follows)

In a large bowl, thoroughly combine flour, sugar, baking soda, baking powder, cinnamon, allspice, salt and cloves. Add applesauce, yogurt, egg substitute and oil; blend well using spoon. Stir in raisins. Pour into greased and floured 12-cup Bundt™ or 13" x 9" pan. Bake at 325°F for 50 to 60 minutes or until toothpick inserted in center comes out clean. Cool 15 minutes. Loosen cake from sides of pan with knife. Invert onto plate. Cover loosely with foil or wax paper. Cool completely. Slice and serve with Quick Yogurt Glaze. 24 servings.

Quick Yogurt Glaze: In small bowl combine 1-1/2 c. Dannon Plain Nonfat Yogurt, 3 tbsp. packed light brown sugar and 1 tsp. vanilla extract. Beat with fork or wire whisk until smooth.

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DANNON PLAIN

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SPICY PUMPKIN CHEESECAKE IN HAZELNUT CRUST, FROZEN MOUSSE PUMPKIN PIE WITH WHIPPED CREAM, FRESH PEAR UPSIDE-DOWN CAKE

(continued)

1/4 cup confectioners' sugar

Crust: Preheat oven to 375°F. Combine crumbs, sugar and melted butter in small bowl. Pat mixture evenly into 9-inch pie plate. Bake 8 minutes or until golden brown. Cool completely on wire rack.

Filling: Meanwhile, heat pumpkin, sugar, ginger, nutmeg and salt, stirring constantly, in medium saucepan until sugar is melted, 4 minutes. Cool.

Beat 1 cup cream in mixer bowl until stiff. Fold into cooled pumpkin mixture. Spoon into prepared pie crust. Wrap lightly with plastic wrap and freeze until firm, 8 hours. *(Can be made ahead. Wrap well and freeze up to 4 days.)*

One hour before serving, remove mousse from freezer and let stand at room temperature. Just before serving, beat remaining 1/2 cup cream with confectioners' sugar until stiff and spread over pie. Makes 12 servings.

Per serving		Daily goal
Calories	280	2,000 (F), 2,500 (M)
Total fat	17 g	60 g or less (F); 70 g or less (M)
Saturated fat	10 g	20 g or less (F); 23 g or less (M)
Cholesterol	54 mg	300 mg or less
Sodium	182 mg	2,400 mg or less
Carbohydrates	32 mg	250 g or more
Protein	2 g	55 g to 90 g

MCINTOSH APPLE TART

This delectable dessert should be made no earlier than Thanksgiving morning. No need to serve whipped cream—it's already in the filling.

Prep time: 1 hour plus chilling
Baking time: 70 minutes

Crust

- 1 1/4 cups all-purpose flour
- 1/8 teaspoon salt
- 1/4 cup cold butter or margarine, cut up
- 2 tablespoons vegetable shortening
- 3 to 4 tablespoons ice water

Filling

- 3/4 cup sugar, divided
- 2 tablespoons flour
- 1 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 3 pounds McIntosh or Golden Delicious apples, peeled and sliced 1/4 inch thick
- 1/2 cup heavy or whipping cream

Crust: Combine flour and salt in medium bowl. With pastry blender or 2 knives, cut in butter and shortening until mixture resembles coarse crumbs. Sprinkle with water 1 tablespoon at a time, tossing with fork until mixture holds together. Shape into ball; flatten slightly. Wrap tightly in plastic wrap and refrigerate 1 hour or overnight.

On lightly floured surface, roll pastry 1/8 inch thick into 13-inch circle. Fit pastry into 11-inch tart pan with removable bottom; trim edges. Refrigerate while preparing the filling.

Filling: Preheat oven to 350°F. In large bowl, combine 1/2 cup sugar and the flour, cinnamon and nutmeg. Toss with apples.

At edge of prepared crust, arrange apple slices, slightly overlapping, in circle. Make another circle inside it and continue until crust is completely covered. Top with another apple layer.

Bake tart 1 hour. Pour cream over apples and sprinkle with remaining 1/4 cup sugar. Bake 10 minutes more or until apples are tender and crust is golden. Cool on wire rack. Makes 12 servings.

Per serving		Daily goal
Calories	245	2,000 (F), 2,500 (M)
Total fat	10 g	60 g or less (F); 70 g or less (M)
Saturated fat	5 g	20 g or less (F); 23 g or less (M)
Cholesterol	24 mg	300 mg or less
Sodium	66 mg	2,400 mg or less
Carbohydrates	38 mg	250 g or more
Protein	2 g	55 g to 90 g

FRESH PEAR UPSIDE-DOWN CAKE

We serve this cake to celebrate any of our guests' recent and upcoming birthdays. You can use Bosc or Bartlett pears—however, Boscs are firmer and make the cake easier to remove from the pan.

Prep time: 50 minutes
Cooking time: 45 minutes

- 4 firm Bosc pears, peeled, cored and halved
- 2 teaspoons fresh lemon juice
- 1/4 cup pear brandy or schnapps, divided
- 6 tablespoons butter, divided
- 3/4 cup firmly packed brown sugar
- 1 cup all-purpose flour
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 2 large eggs
- 1 cup granulated sugar
- 1/2 cup milk
- 1 cup heavy or whipping cream
- 1/4 cup confectioners' sugar

Preheat oven to 375°F. Place pears, cut side down, in shallow dish. Add lemon juice and 3 tablespoons brandy; let stand 15 minutes.

Meanwhile, melt 4 tablespoons butter in 10-inch cast-iron skillet over medium heat. Swirl butter to coat sides. Add brown sugar and stir to *(continued)*



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ITALIAN CHICKEN

1 Reynolds Oven Cooking Bag, large size (14" x 20")
2 tablespoons flour
1 (14 oz.) jar of your favorite spaghetti sauce
4 bone-in chicken breast halves, skin removed
1 medium green pepper, coarsely chopped
1 (8 oz.) pkg. of your favorite pasta, cooked

Preheat oven to 350°F. Shake flour in bag; place in 13x9x2-inch baking pan. Add spaghetti sauce to bag. Squeeze bag to blend ingredients. Add chicken and green pepper to bag. Turn bag to coat chicken with sauce. Arrange chicken in even layer. Close bag with nylon tie; cut 6 half-inch slits in top. Bake until tender, 35 to 40 minutes. Serve over hot pasta. VARIATION: For 4 skinless, boneless chicken breast halves, subtract 10 minutes. For 8 skinless chicken pieces, add 10 minutes. Serves 4. Per serving: 386 calories, 7 grams fat (17% total calories).

REAL COOKING. WHY MAKE IT TOUGH?



Lemon Bars

1½ cups flour
⅔ cup powdered sugar
½ teaspoon salt
¾ cup cold butter
3 eggs
1½ cups sugar
3 tablespoons flour
⅓ cup lemon juice
2 teaspoons grated lemon rind
Powdered sugar for topping

Preheat oven to 325° F. In bowl of a Regal food processor, using S-blade, mix flour, powdered sugar and salt. Pulse several times to mix well. Cut hard butter into 1/4-inch slices. With processor running, drop butter slices into flour mixture. Process only until fine crumb stage. Press evenly into bottom of greased 9 x 13" pan. Bake 20 minutes. In same processor bowl, process eggs until well beaten. Add remaining ingredients, except powdered sugar; process until well mixed. Increase heat to 350°F. Pour lemon mixture over hot crust; bake another 20 minutes, until golden. Sift powdered sugar onto bars while hot. Cool in pan on wire rack. Cut into small squares, and then in half to make diamond-shaped bars. Cover and store in refrigerator; serve chilled. Makes 64 bars.



For the name of a Regal retailer in your area call 1-800-828-6344.

Bring-a-dish Thanksgiving

continued

combine. Spread with spoon into layer; keep warm.

Combine flour, baking powder ar in small bowl. Beat eggs in large bowl at medium speed until foamy. ually add sugar and continue beatin til thickened, 2 minutes. Melt remain tablespoons butter in milk over me heat in small saucepan. Gradually a egg mixture. Beat in dry ingredients.

Drain pears, reserving liquid. In s arrange pear halves, cut side up and ends toward center, in circle. Place 1 half in center. Pour batter over p Bake 45 minutes or until toothpick i ed in cake comes out clean. Run knife around edge of pan and invert onto platter. Brush with reserved pea uid. Cool.

Just before serving, beat cream, fectioners' sugar and remaining 1 t spoon pear brandy in mixer bowl stiff. Serve with cake. Makes 12 servi

Per serving		Daily goal
Calories	340	2,000 (F), 2,500 (M)
Total fat	15 g	60 g or less (F); 70 g or less (M
Saturated fat	9 g	20 g or less (F); 23 g or less (M
Cholesterol	80 mg	300 mg or less
Sodium	166 mg	2,400 mg or less
Carbohydrates	51 mg	250 g or more
Protein	3 g	55 g to 90 g

SPICY PUMPKIN CHEESECAKE HAZELNUT CRUST

Our family's favorite dessert can be m days ahead. Don't worry if the cracks—you can cover it with a lay sour cream.
Prep time: 45 minutes
Baking time: 65 minutes

Crust
6 tablespoons butter or margarine, softened, cut up
1 cup all-purpose flour
½ cup ground toasted hazelnuts
2 tablespoons sugar

Filling
3 packages (8 oz. each) cream che softened
2 cups plus 3 tablespoons sugar
3 large eggs
1 can (16 oz.) pumpkin
1 teaspoon cinnamon
½ teaspoon ginger
¼ teaspoon nutmeg
1 pint sour cream

Crust: Preheat oven to 375°F. Com all ingredients in food processor. Puls times or until mixture resembles co crumbs. Pat evenly over bottom an inch up the sides of 10-inch springf pan. Bake 18 to 20 minutes, until go brown. Transfer to wire rack to cool.
Filling: Beat cream cheese and 2 c sugar in large mixer bowl at med speed until smooth. Add eggs one time, beating well after each addit Beat in pumpkin, cinnamon, ginger

g until smooth. Pour into prepared
Bake 60 minutes or until center is
t.
anwhile, combine sour cream and
ning 3 tablespoons sugar in small
Remove cake from oven and in-
oven temperature to 500°F. Gently
sour-cream mixture evenly over fill-
ake cake 5 minutes more or until
shiny and set. Cool on wire rack.
and refrigerate at least 4 hours or
ight. *(Can be made ahead. Cover
efrigerate up to 2 days.)* Just before
g, run knife around edge of pan; re-
sides. Makes 24 servings.

ng		Daily goal
	285	2,000 (F), 2,500 (M)
	19 g	60 g or less (F); 70 g or less (M)
fat	11 g	20 g or less (F); 23 g or less (M)
ol	74 mg	300 mg or less
	133 mg	2,400 mg or less
rates	27 mg	250 g or more
	5 g	55 g to 90 g

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the wine doesn't make the meal, it
nake the occasion really special—
cost much less than you'd think.
selected some wines from around
world to serve at Thanksgiving or
ny of our menus. Each label offers
great taste and great value; all cost
nan $10 a bottle.

cause wine prices and availability
ary by region and store, it pays to
around for a wine shop that has a
selection at good prices. You can
five to six people from a standard
ml) bottle of wine. And some of the
s on our list are available in mag-
(1.5 ml or 1½ liters), a convenient
when you're entertaining a crowd.

member, there are no hard-and-fast
when pairing food with wine. Sam-
ur wine list, experiment, and enjoy!

ce, Fortant de France Cabernet
gnon 1990 (from Languedoc)
Ruffino Chianti Classico 1990
d States, Beaulieu Cabernet Sauvi-
Beau Tour (California), Louis M.
ni Zinfandel (California)
Conch y Toro Cabernet Sauvignon

tes

ed States Kendall-Jackson Vintner's
rve Chardonnay (California), Groth
gnon Blanc (California)
Bollini, Chardonnay 1991 (Trentino)
, Conch y Toro Sauvignon Blanc 1990
more information about good wine
es, we recommend the book *Best*
Buys for $10 or Less, by Barbara
ud (Villard Books, 1991).

COMING IN DECEMBER

Join us for a special LHJ holiday celebration! Check out Chef Wolfgang Puck's **Party-perfect** hors d'oeuvres recipes; enjoy **Classic Christmas feasts** with desserts to mix and match, and **Cookies, cookies,cookies**—from Greece to Finland to right here at home. Then take a tour of designer Lynn Hollyn's house—it's truly **A Christmas wonderland.** And don't miss our timely tips for putting your best face forward this season. Also:

■**The year in health** A comprehensive recap of this year's most important findings.

■**The busy woman's guide to Christmas** So much to do, so little time—we can help take the hassle out of the holidays.

Plus interviews with your favorite celebs and lots more

ON SALE NOVEMBER 10

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Holiday centerpieces you can make

TO HELP YOU CREATE A SPECIAL THANKSGIVING TABLE ARRANGEMENT, WE ASKED THE EXPERTS TO SHARE THEIR KNOW-HOW. HERE, THEY INSTRUCT YOU IN ASSEMBLING YOUR OWN CENTERPIECES. BY LESLIE LAMPERT



A FRESH APPROACH

Miriam Landsman, of Miriam Landsman Beautiful Flowers, in Greenwich, Connecticut (203-869-2148), combined fresh flowers, fall fruits and vegetables for a beautiful table bouquet that's a snap to assemble. Start with a glass relish dish, and place a water-soaked brick of floral foam (available at any florist) in the container. With wet wooden skewers, attach a head of kale, a stem of brussels sprouts, an artichoke and a bunch of broccoflower to the foam brick. Then insert roses, orange lilies and purple mums into the foam and add red and yellow peppers, persimmons, grape clusters or any other favorite fruit. Remember, says Miriam, to keep the arrangement tight and plug up any holes with more flowers for the proper fullness.



TIMELESS ELEGANCE

Sean Psomas, of Wildflowers, in Staten Island, New York (718-979-6561), created this autumn still life using freeze-dried roses, aramanthus, strawflowers, goldenrod, pomegranates, mushrooms and artichokes, for a Thanksgiving centerpiece that will last through the holiday season and beyond. To assemble, start with a favorite basket and fill with floral foam. With a hot-glue gun, attach green sheet moss to the foam. Then glue two to three small terra-cotta pots to the moss. Fill pots and surrounding gaps with more moss, creating mountain and valley effects. Next, glue larger flowers to moss mounds. Then, place bunches of smaller strawflowers and aramanthus (fastened with wire ties) in pots and open areas to create a lush look.

EAT! EAT!
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Go ahead and have seconds. With less than one gram of fat per serving and only 40 to 45 calories, new Hunt's® Light Spaghetti Sauce is deliciously permissible. It's a brand new and wonderfully light mixture of Italian herbs and sun-ripened tomatoes, without any added sugar or artificial sweeteners. Because with tomatoes this good, you don't need to add extra fat or sugar. So we didn't. New Hunt's Light Spaghetti Sauce. A great reason to eat more spaghetti.

IT HAD TO BE HUNT'S.®



BEAUTIFUL BOUNTY

Designer Lynn Hollyn, of The Lynn Hollyn Store, on Madison Avenue in New York City (212-319-0520), took the traditional Thanksgiving concept of bounty and gave it an updated twist using dried wheat, fruits, vegetables, berries and spices instead of customary gourds and pumpkins. First, she made the oversize horn—intended for a buffet table or sideboard server—from grapevines found in her woods at home (soak the grapevine in water for about twelve hours, then mold to the shape of your choice, and allow it to air-dry). Then she added dried artichokes, garlic, lemons, wheat, hydrangea, orange berries and cinnamon sticks for both texture and fragrance. Lynn also likes to drape an antique-lace runner underneath the centerpiece, and cluster candles (short or tall) on either side. The result? A wonderful holiday accessory that exudes the harvest spirit.

GOOD AND PLENTY

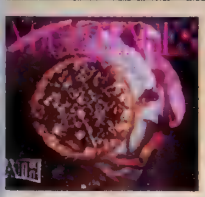
Stephi Sidell, of Sidell & Co. caterers, in Boston, Massachusetts (617-726-7385), likes to dress the kids' table with holiday treats that taste as good as they look. Her centerpieces are often compositions created with favorite foods and home accessories. Below, she fills a chocolate horn with pumpkin candies and a ceramic pumpkin with candy corn. A chocolate scarecrow and pilgrims are arranged artfully against gold doilies purchased at the grocery store, and a turkey ceramic pepper shaker adds to the holiday theme. A leaf-patterned hatbox gives the scarecrow a boost, adding height to the arrangement. For her own family celebration, Stephi sends the children out to the yard to hunt for colorful autumn leaves, then garnishes the centerpiece with the prettiest ones.

All candy from Chocolates Plus, Rye Brook, New York; 914-937-0101.





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COUNTRY CORNUCOPIA

Renny Reynolds, of Renny Designs for Entertaining, in New York City (800-Renny-10), designed this flowers-and-wheat centerpiece in a grapevine cornucopia that you can buy at your local flower mart. Dried wheat, ivy, calla lilies, daylilies, salidago, coxcomb and euphorbia are assembled in waterfall style, says Renny, as if spilling out of the cornucopia. To arrange, place a water-saturated brick of floral foam in a plastic liner inside the grapevine horn, and lay sprigs of wheat in a crisscross fashion over the foam. Then pin the ivy vines to the foam with wire ties (the kind you twist around plastic storage bags). Add flowers in a random design, making sure that the stems of euphorbia (little orange flowers) fall out of the arrangement like fingers. (Remember, this centerpiece should have a loose, swingy look, but you still want to make sure that the flowers cover the foam base.) Use filler flowers (yellow salidago and coxcomb) to hide any gaps. Tip: You can also make this country-style arrangement using mostly wheat and euphorbia to achieve a more rustic feel.





NUTS ABOUT THANKSGIVING

This woodsy, nuts-and-spice creation inspired by designer Lynn Hollyn makes a fabulous centerpiece statement on a long table when you use one at each end, but it looks lovely alone on a round table, too. Simply purchase a rectangle of Styrofoam, and shave it into a cone shape as high or low as you like. Then apply walnuts, chestnuts, almonds, acorns and cinnamon sticks, using a hot-glue gun. (Lynn frequently puts in bits of moss, ferns and twigs for added interest.) Use one or two coats of shellac for a glossy finish, and you have a truly architectural arrangement. Bonus: To adapt for the Christmas season, simply glue on holly or pepper berries.

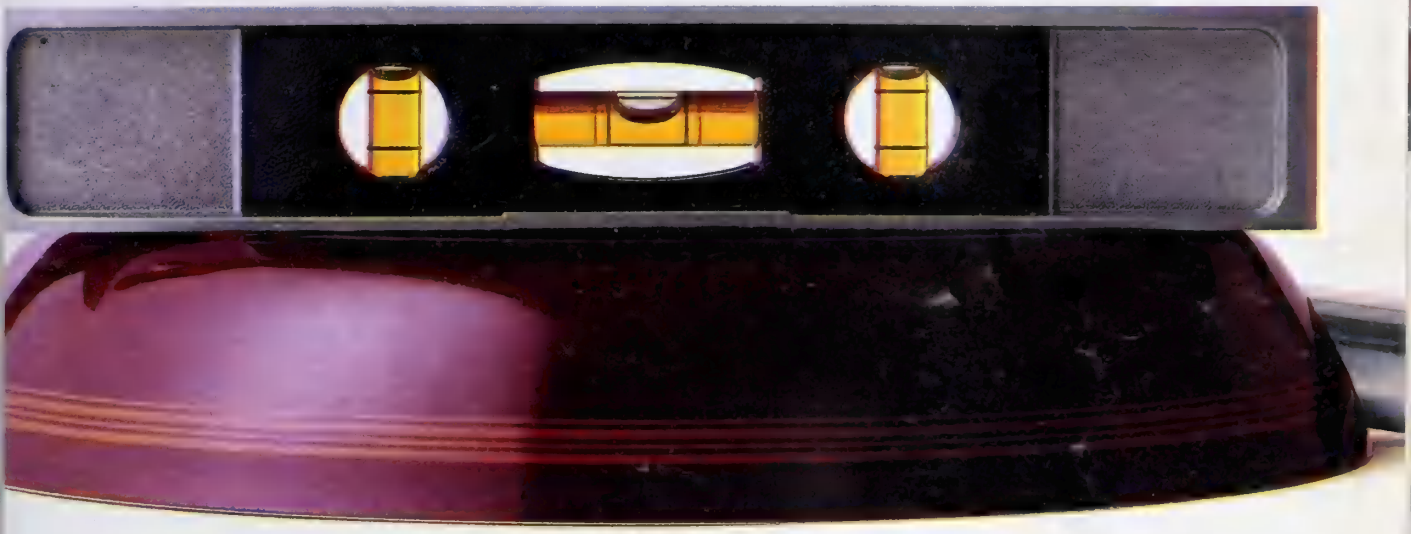
Wire basket by French Wyres.

After thousands of meals, our cookware will still keep its shape. If only it was as easy for people.

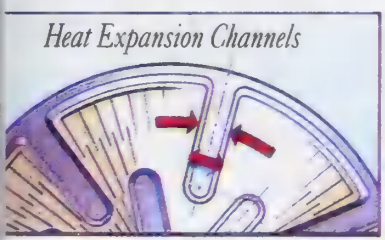
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spatulas and spoons. Which results in cookware with a 35% higher



cept in non-stick cookware that's r been made. What's more you'll over these innovations are not in the cookware's unique inner face, but also its outer surface.



The Outside Story

Outside, the new Resistal porce- enamel tri-layer base features ething that's extremely unique:

to twice as resistant to warping as conventional cookware. So over time your cookware stays in perfect contact with the heat source for higher quality cooking.

The Inside Story

Inside, you'll find our totally new 4-layer coating has a unique honeycomb texture. It helps reduce the continued abrasion caused by contact with everyday kitchen tools like

scratch resistance and cleanups that are virtually trouble-free.

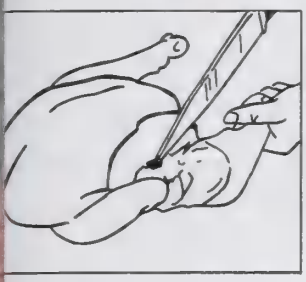
The new Resistal concept of non-stick cookware from T-Fal. Unlike people, it can be around food constantly and still manage to keep its figure.

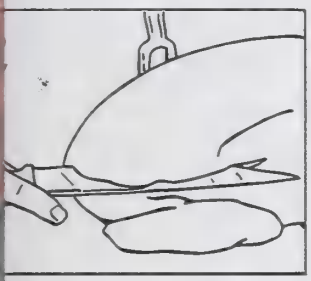


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KRAFT

HE ABCs OF CARVING







Carving the turkey is easier than you think. For best results, use a long, sharp knife and long-pronged fork. Work on one side of the bird at a time. Cutting off the thigh, drumstick and wings makes slicing the breast a breeze.

Place the turkey on the cutting surface. To remove the drumstick and thigh, pull the whole leg away from the body. (1) If the joint does not just snap free, insert a knife point into the joint and twist the blade slightly. Following the body contour carefully, cut away the dark meat at the joint area.

Place the thigh and drumstick on the cutting surface and cut through the connecting joint to separate. Holding the drumstick by the narrow end at a comfortable angle, carve downward into even slices. Holding the thigh firmly on the cutting surface with the fork, carve into slices. (2) Holding the breast the same way, place the knife parallel and as close to the wing as possible. Make a deep cut into the breast toward the ribs. (Each breast slice will stop at this horizontal base cut.) (3) Carve the breast downward to the base; cut in thin, even slices. Repeat on the other side of the turkey.

TALKING TURKEY The Butterball Turkey Talk-Line will answer questions about turkey preparation. Call 800-323-4848, November 2 to 25, Monday to Friday, eight A.M. to eight P.M. Central time; November 21 to 22, eight A.M. to six P.M.; Thanksgiving Day six A.M. to six P.M. Concerned about holiday food safety, preparation and storage? The U.S.D.A. Meat and Poultry Hotline offers advice. Call 800-535-4555, November 2 to 30, Monday to Friday, nine A.M. to five P.M. Eastern time; November 21 to 22, nine A.M. to five P.M.; Thanksgiving Day, eight A.M. to two P.M.

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THE NEW PHILLY® 3-STEP cream cheese CHEESECAKE RECIPE.

1 Mix

- 2{8 oz.} pkgs. PHILLY cream cheese, softened.*
- 1/2 cup sugar.
- 1/2 teaspoon vanilla at medium speed until well blended.
- Add 2 eggs. Mix well.

2 Pour

batter into ready-to-use graham cracker pie crust {6 oz.}. No springform pan needed.

3 Bake

at 350° for 40 minutes, or until center is almost set. Cool. For best results refrigerate for 3 hours. 8 servings.

* or use Light PHILLY®



The PHILLY 3-STEP Cheesecake. It's hard to resist something this easy.

Hershey Foods Corporation

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Reese's™ Peanut Butter. Creamy or Crunchy.
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A woman today

continued from page 26

to be in San Francisco to testify for about two weeks. I fea that I would be nervous on the stand, but I was calm as soon gave my name and address, realizing that there was no quest I couldn't answer.

I testified that I had been allowed to sell policies while an office manager, and several of the agents backed up my sta ments. I then recalled the excuses the managers had given my disqualification—including one about my husband hav so much control over me that he might object if I had to w nights. Guy showed evidence that male job applicants did have to meet the requirements demanded of me.

In actual time, the trial lasted four months, but because various delays, it dragged on until February 1983. Then we h to wait another two years until the decision was handed dow was eager for it all to be over, but since it took so long, the c really didn't affect my daily life that much. I continued to en being a Farmers agent, racking up awards and getting stea commissions until I was earning a six-figure salary.

Finally, in April 1985, Judge Thelton Henderson ruled t State Farm was guilty of sex discrimination. Women w "lied to, and/or given false and misleading information wh they have inquired about the possibility of becoming train agents," he wrote. "[They] have been told about educational quirements that did not exist, financial requirements not foun ed in fact, and false information about the availability positions." I was overjoyed, but our victory was bitterswe Daisy Jackson had died in 1984, without the satisfaction of s ing justice done.

The terms of the settlement were finally announced on Janua 19, 1988. I, Wilda, and Daisy's estate would each receive $420,822 the amount we could have been expected to earn had we been hir as agents in 1975. Yet I honestly would have been happy wi $5.95; for me, the important thing was ensuring that no other wo en would ever have to go through the indignity I suffered.

In addition, State Farm agreed to examine the claims of tho sands of California women who had applied for the 1,093 sal agent positions that had been given to men from 1974 to 1987. discrimination was proved in any individual case, the wom would be compensated for lost earnings. The company al promised that for the next ten years, at least 50 percent of th new California agents would be female. (The company is cu rently reforming its policies nationwide.)

The final phase of the lawsuit was concluded last April. Sta Farm made a settlement with 814 women who had been unfai denied jobs as sales agents. They were awarded an average $193,000 each, bringing the total to a whopping $245 millio "This sends a pretty powerful message—that women can sta up [against discrimination], and they can prevail," Guy says.

I agree, and I plan to do everything in my power to change u just laws and practices. Before State Farm refused to hire me as agent, I had never met discrimination face-to-face. Today I kno that it exists on every level—against women, minorities, the elde ly, the disabled. This trial has also shown me my own strengt Once, I never would have dreamed of fighting the system; now I eager to keep doing just that.

I've been contacted by several nonprofit groups that would li my help. I have also been asked to run for political office—*any* o fice. I'm seriously considering it. After all, if I can take on a hu corporation and win, who knows what else I can accomplish?

Photo credits for THE YEAR OF THE WOMAN
Page 182–183 Top row, from left: Alice Baldwin/Images Press, Rick Maiman/Sygma, CBS. Bottom row, from left: Louis Goldman, Joe Traver/Gamma-Liaison, Brad Markel/Gamma-Liaison. **Page 184–185** Clockwise from top left: Cynthia Johnson/Gamma-Liaison, James Colburn/Photoreporters, Sygma, Skip Brown, Eric Rasmussen, Vandystadt/Allsport, Seth Affoumado, Joe Traver/Gamma-Liaison, Frank Trapper/Sygma.

lonna revealed

nued from page 192

oaches the boldness, the raunchi- the in-your-face outrageousness of new book. As the *Journal* went to , the book was still veiled in secrecy, *Sex*, photographed in Florida and York City, was rumored to have im- of Madonna licking boots in down- Manhattan clubs and being pinned e floor by two male admirers. Those joined the star in the project report- include Isabella Rossellini, Tatiana Furstenberg, daughter of designer e, and rapper Vanilla Ice.

is hardly necessary to add that *Sex*, its $49.95 sticker price, is expected to roaring success. Indeed, Madonna is so dent about its appeal, and sufficient- nd justifiably—sure of her skills as a teter that she's launching the book ig another great media blitz: the presi- ial campaign. It's a safe bet she'll get y as much attention as the nominees.

nd far from suffering from her excess- Madonna profits by them. And profits profits and profits: Though the video *stify My Love* was banned on MTV, ttendant media ruckus helped make it biggest-selling video of its type, while *or Dare* is the highest-grossing the- ally released documentary of all time.

ut the fact is, even taking into ac- t the performer's drive, discipline iron will, Madonna wouldn't be near- successful if she didn't touch some d in us—that of admiration tinged envy. And in an era when there's a tance to experiment, Madonna does xperimenting for us. "Today, with a ter respect for sexually transmitted ases, people are no longer behaving such casualness," says Arlene Kagle, D., a psychologist in private practice ew York City and Dutchess County, York. "Instead, we have surrogates, Madonna seems all too willing to ac- this role. She figured out that if she ved outrageously, or pretended to, le would love it. The more she does, nore publicity she gets, so she keeps ng the ante."

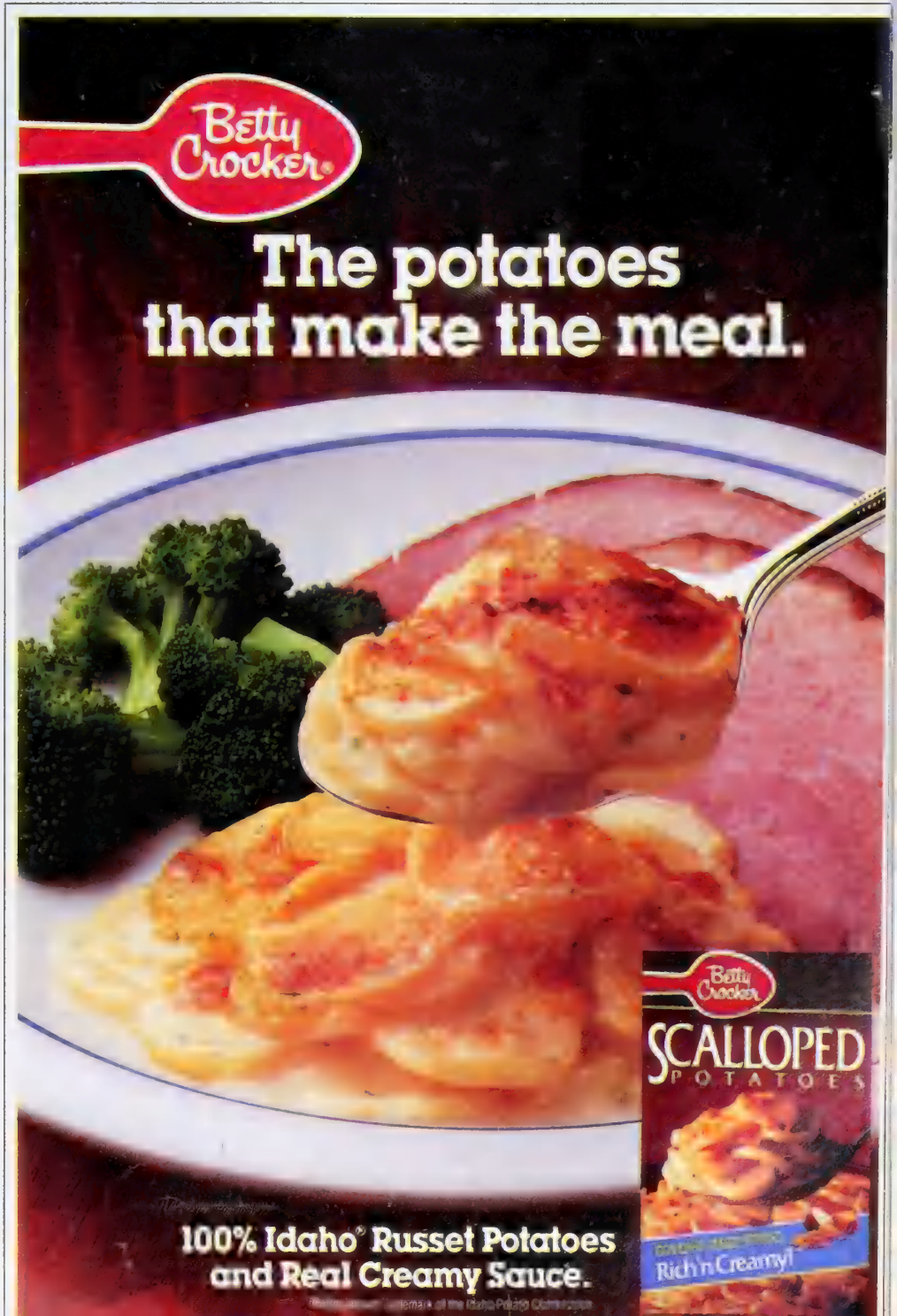
ut that's only part of the story. At some of the secret of Madonna's ess—media and otherwise—is the culty in defining her. Trying to ntify and explain Madonna is like g to grab hold of mercury. Good girl ad girl? Blond or brunet? Substance yle? Sexy or simply sleazy? On one l, she's the apotheosis of clean living: works out several hours a day, es- s drugs, and drinks only occasional- On the other hand, "she's the symbol rnography," notes Camille Paglia.

et, though her career is very much un- control, her private life—what there is —seems to be a mess. First there was made-in-media-heaven matchup with gun-toting, paparazzi-bashing Sean Penn. Matrimony quickly gave way to acrimony, and thoroughly modern Madonna was once again single. Next came the highly publicized affair with Warren Beatty, when the two co-starred in *Dick Tracy*, followed by Madonna's supposed heartbreak over the man that got away. "I should have known better," she noted of her involvement with Beatty, "but then you always think you're going to be the one."

Depending on how you look at it, it's a measure of Madonna's courage or bad judgment—or maybe plain old bad taste—that almost no aspect of her private life is sacred or secret: In *Truth or Dare*, Madonna simulates masturbation onstage, and she makes an emotional visit to her mother's grave. One of the movie's more telling moments occurs when Madonna's doctor asks if she'd prefer to discuss a throat ailment out of camera range. "Turn the camera *off*?" Warren Beatty gasps in mock horror. "She doesn't want to *live* off-camera, much less talk."

Observes Paglia, "She's an interesting combination of shrewd businesswoman and unhappy woman who can't get a date. That's the secret of her continuing fascination. Here she is, rich and highly successful; she has all these friends, but basically, her love life is a disaster."

Of course, there are quite a few people who think Madonna is a disaster in general. "Madonna's modus operandi is simply to shock people and to appeal to *(continued)*





Crunchy Chicken-Cheese Bake

PREP TIME: 10 MIN. **COOK TIME: 25 MIN.**

8 skinless, boneless chicken breast halves
4 slices Swiss or American cheese, each cut in half
1 can (10 3/4 oz.) Campbell's® Cream of Chicken Soup
8 thin tomato slices*
2 tbsp. margarine, melted
1/2 cup Pepperidge Farm® Herb Seasoned Stuffing, crushed
Hot cooked rice

1. In 3-qt. oblong baking dish, place chicken. Top with cheese.
2. Stir soup and spread over cheese; top with tomato. Combine margarine and stuffing; sprinkle over tomato.
3. Bake at 400°F. 25 min. or until chicken is no longer pink. Serve over rice. Garnish with fresh oregano if desired. 8 servings.

*If desired, omit tomato; combine soup with 1/4 cup milk.



©1992 Campbell Soup Company

Mm! Mm! Good!

Madonna revealed

continued

the lowest common denominator," says Sandy Crawford, editor of "TV ETC.," a conservative newsletter that tracks the entertainment community. "Madonna does not stand for anything except heightening Madonna's fame. There is a certain public standard—people don't want their children to see such things." People like Elaine Papa, a mother of three from Patterson, New York. "You're fighting to raise your children right every day," she says, "and performers like Madonna don't make it easier. I don't feel that she is a good role model. She has no moral values."

And mothers aren't the only ones worried about Madonna's mixed messages. "She is imprisoned by her own beauty," acknowledges Naomi Wolf, author o *Beauty Myth* (William Morrow, 1 "She has to change her hair color e other week to maintain the spotlight is not free to age. She is not free n work out two and a half hours a d she's one of many strong heroines, g If she's held up as the ideal, we're s ing a lot of young minds."

But no criticism will stop Mad from doing exactly what she wants t "If she were always perfect and perf tasteful, she would have lost people' terest by this point," says Paglia.

Losing people's interest, particu with the publication of *Sex*, is *not* o Madonna's problems.

Joanne Kaufman writes frequently a celebrities for LHJ.

What do your fantasies really mean?

continued from page 192

he becomes the pirate who overpowers you.

What are some other common fantasies for both men and women?

Fantasizing about a movie star or somebody at work or somebody [else] that you know that you would never really go to bed with. Or, people often focus in on some part of the body that they find particularly attractive.

The one fantasy that men report relatively often is that of being in bed with two women. Sometimes women fantasize about being made love to by more than one man. Or being with a man and a woman.

Fantasies can also be stories, like fairy tales or romance novels; that seems to be more likely for women than men. There are rape fantasies, or the ones where there's some force involved—a pirate or a rock star sweeps you off your feet against your will. You say no, no, no, but you don't have the strength to resist.

Is it common to fantasize about being in bed with someone of the same sex?

It's not unusual. Heterosexual men sometimes fantasize about having sex with another man, and they can feel very guilty about it and think it means they're homosexual. Women also have these same-sex fantasies and feel guilty about them.

It all has to do with variety. The fact that it's something novel can be sexually arousing in fantasy.

Is it normal to fantasize about things that we ourselves find shocking?

The fantasy's job is to help in your arousal. One of the things that helps to arouse humans is novelty, and one of the ways of getting novelty is to think about it rather than do it. Most people don't want to act out the majority of their fantasies. They're not thinking about a thing that they wish would happen but rather an imaginary experience.

You're totally in control of your fa sy. That's something people forget; think that a woman who has a rape fa sy wants to be raped, but that's no Because you're in control, a rape fan is only pleasurable. It has none of painful aspects of a real rape.

What about S & M fantasies—are common? Are they normal?

Do they occur? Yes. If you took a rea able size group of women, you would at least some sadistic and masoc tic fantasies.

They're normal in the sense they have no other meaning for n people except that they are a stimula fantasy. Things that are unusual, th that are different from your life, stimulating. S & M fantasies ca arousing because of their differentn It's not something that the vast maj are interested in acting out.

Are there normal and abnormal tasies? Or is every fantasy normal?

Any fantasy is normal if it doesn't in fere with your life. But if it really turbs you, then maybe you need to g a therapist to find what's wrong. Am cans are disturbed about lots of very mal things like masturbation. There people who have masturbation probl But there are also people who have p lems with eating and sleeping. The majority of people, though, are perfe healthy about their masturbation. the same with fantasies.

Should you tell your partner about y fantasies?

I don't think so. That's my opinion researcher and as a therapist. Fanta are misunderstood too easily by the p ner. Your fantasies can scare your par and turn him off. Or he feels left ou feels you're not really making lov him. You just don't know how your p ner is going to respond. My recomm dation would be this is not someth that you should share with a partner.

—PAMELA GUTHRIE O'B



S&W. When You Have More To Do Than Dinner.



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S&W Lasagna Olé

- 2 cans (14½ oz) S&W Ready-Cut Salsa, heated
- 2 cups chicken, cooked & chopped (or fajita strips)
- ⅓ cup chopped cilantro
- 4 large corn tortillas
- 1 container (8 oz) cottage cheese
- 1 egg, beaten
- 1 can (4 oz) diced green chiles, drained
- 1 can (2½ oz) sliced olives, drained well
- ¾ cup Monterey Jack, shredded
- ¾ cup Cheddar, shredded

Mix first 3 ingredients and spread ⅓ of mixture in bottom of 7x11" microwave baking dish. Layer 2 corn tortillas on top. Combine next 4 ingredients with ½ cup of *each* shredded cheese and spoon ½ of mixture over tortillas. Repeat layers, ending with Salsa mixture. Cover with plastic wrap and microwave on high 10–12 min, rotating dish during cooking. Remove wrap, sprinkle with remaining cheese, let stand until cheese melts, cut into squares. Serves 6.

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The mystery of Oprah

continued from page 187

ballooning weight at 205 pounds.

● December 1991—She drops 35 pounds with the help of a "diet cop."

● March 1992—"Diets don't work," declares the size-eighteen superstar. With her weight apparently nearing an all-time high, one reporter asks, will Oprah hit 250?

Which brings us back to summer 1992 and diet number . . . well, only Oprah knows for sure. What we do know, though, is that Oprah is one of the most popular and powerful women in TV. In 1991 her talk show made $170 million, netting its star a staggering $40 million. She owns her own production studio, a small media company, and a popular Chicago restaurant, The Eccentric. Her net worth: in the impressive neighborhood of $100 million. So if she can run a multimillion-dollar corporation, why is losing weight and keeping it off so hard for her?

The answer, experts say, may lie in an eating disorder that's only just being acknowledged as such. When the American Psychiatric Association's 1994 *Diagnostic and Statistical Manual of Mental Disorders* (DSM), the bible of the profession, comes out, it is expected to include a new entry: binge eating disorder, better known to the general public as compulsive overeating. There aren't any hard statistics on the number of people who suffer from this disorder, but at least five million Americans, two thirds of them women, appear to fall within the definition of the compulsive overeater. Yet, until now, compulsive overeating has received scant attention. "It gets short shrift," says Judith Brisman, Ph.D., director of New York City's Bulimia Treatment Associates. "But compulsive eaters have as many difficulties as bulimics. It can be equally life-threatening and just as isolating."

Marking the boundaries

On her show, Oprah could entitle the segment "The Girl Can't Help It." The audience would cluck with understanding as she tearfully confessed her troubles, including details of a recent slip in Telluride, when she sneaked out to Floradora, a turn-of-the-century-style saloon that specializes in thick hamburgers topped with fried peppers and onions, and melted cheese.

So much for self-control. But is it just a lack of willpower that keeps dieters from attaining their goals? "That's totally incorrect for the vast majority of overweight people," says John Foreyt, Ph.D., co-author of *Living Without Dieting* (Harrison Publishing, 1992).What Oprah and compulsive overeaters may be dealing with is genetics, environment and a great deal of unresolved pain.

Not everyone who has a few pound lose is a compulsive overeater. Exp say the disorder includes symptoms s as: eating when not physically hung eating faster than normal; eating alon in secret; bingeing at least twice a w on abnormal amounts of food; or graz (eating continuously). Many compul overeaters use food as a drug to blot emotions. But after eating, they shame, guilt and depression.

Oprah has been rumored to indulg starches and sweets—everything fr hot-dog buns dripping in maple syru potato chips doused in French dress For Beth, thirty-nine, a Columbus, O nurse-manager, a bad day at work wo trigger eating frenzies in which she'd vour a large bag of potato chips, two three dozen cookies and a quart of cream. "I would just eat and eat and e says Beth, who once weighed pounds. "While I was eating, it seeme keep me from thinking about what gone wrong. When it was over, I'd sp the night beating myself up."

The body as battleground

Though compulsive overeaters are m equally divided between the sexes t anorexics or bulimics—90 percen whom are female—experts say it's wom who are most tormented by the disor



racters: ©1952, 1958 United Feature Syndicate, Inc.

e they have been socialized to place a great deal of impor-
e on appearance. Says Andrea Gitter, M.A., a psychothera-
at the Women's Therapy Centre Institute in New York City,
omen's bodies have become a battleground. In society, men
valued for what they do in life; women, for how they look."

ince Oprah's own battle is played out so publicly, her in-
ity to control her weight must be doubly painful. Wherev-
he goes, paparazzi stand ready to record her every move.
tting two photographers across from her table at Florado-
in Telluride, Oprah sighed, "It always takes those guys
ut three days to find me."

or other compulsive overeaters, of course, the humilia-
is much less public, though just as agonizing. Alice,
ty-nine, became so sensitive to others' reactions to her
ght that she would only go grocery shopping at night.
e had people point at me and laugh, make comments or
me names," admits the Los Angeles banker, who once
ghed 370 pounds. "It hurts."

ays Bill Davis, Ph.D., clinical director of the Renfrew
ter, an eating-disorder treatment facility in Philadel-
a, "In our culture, heaviness is reviled. Fat people are
ng something that makes them ashamed of themselves.
ey're exposed visually."

ut if it's so incredibly painful, why doesn't Oprah just
p? Unfortunately, it's not quite that simple. Explains
is, "An eating disorder can be an emotional SOS."

ciphering the code

ne relationship between food and eating is really about the
tionship to oneself on a very deep level," says Gitter.

o if Oprah's eating is her way of dealing with troubling
otions, just what could those emotions be? Experts point
wo possible theories—one rooted in today, another from
painful past.

First, as TV's premier talk-show personality, it may be that Oprah is functioning effectively in her professional life, yet subconsciously rebelling in her personal life. Says Davis, "What she could be saying is, 'I'm not going to perform, at least not in this area.' It speaks to feeling exploited by the culture."

A second, more poignant possibility may stem from the trauma of sexual abuse. Not long after she broke onto the talk-show scene, Oprah disclosed that from the time she was a fifth grader, she was raped and repeatedly molested over a five-year period. The experience clearly affects her to this day. "Everytime I think, This is it, I'm over it, it's time to move on, something brings it back," she told an interviewer earlier this year.

Experts contend that here, too, Oprah is not alone. One 1992 study done at Kaiser Permanente, a health-care facility in San Diego, showed that 60 percent of 131 patients with a history of sexual abuse were at least 50 pounds overweight. The figure is so high that some experts suggest that questions about childhood sexual abuse should be routinely asked of compulsive overeaters. Though it may not be a conscious decision, a person who has been abused may view layers of extra fat as protection against unwanted sexual attention.

Fat and fate

Of course, part of Oprah's battle with weight may be explained by genetics. Doctors refer to it as a set point, that unknown notch on the scale at which a person's body is genetically predisposed to maintain its weight.

For Oprah, says Craig Johnson, Ph.D., co-director of the eating-disorders program at Laureate Psychiatric Clinic and Hospital, in Tulsa, Oklahoma, "to be thin might require semi-starvation and compulsive exercise."

Another factor is how Oprah's family approached food: whether she was taught at an early age that food *(continued)*

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is a reward, a way to soothe hurt feelings or both. "The dinner table for many people is an area where a lot of psychological issues are played out at an early age," says Harry Brandt, M.D., director of the Center for Eating Disorders at Mercy Medical Center, in Baltimore.

No matter what their cause, however, Oprah's wide fluctuations in weight have undoubtedly fed her failure. Once yo-yo dieting begins, it can be a difficult habit to break.

Emotionally, yo-yoing is a disastrous cycle that often breeds the very self-contempt that drives dieters back to the refrigerator. "I hated that I continually failed," Beth recalls. "It destroyed my self-esteem."

Yo-yo dieting also spawns a physical cycle: Severe diets, like Oprah's 400-calorie liquid diet in 1988, can lower metabolism. The body, starved for fuel, becomes more efficient at burning calories. Thus, when Oprah began eating again, her body's lessened requirements meant that she could eat relatively normally and still have more calories left over to be turned into fat.

Experts speculate that in addition to changing metabolism, severe diets may affect the brain's neurotransmitters, which signal both hunger and satiety. This makes it difficult to decipher the body's cues; being full may be confused with being hungry, and even thirst may be mistaken for hunger.

Turning the tables

If Oprah is going to tackle this issue once and for all, how should she go about it? If she listens to the experts, she'll shun quick fixes for an all-encompassing, multidisciplinary approach.

Step one: Oprah should quit severe dieting, because dieting alone doesn't work. This is sound advice not only for the compulsive overeater, but for everyone. Dieting is a $37 billion industry, yet one recent study concluded that only 5 percent of dieters who lose weight keep it off permanently.

To gain long-term control, experts suggest that Oprah should, through therapy, continue to explore the emotions behind her overeating. She has begun to deal more publicly than ever with her childhood sexual abuse, giving interviews on the subject as well as hosting a landmark TV program.

Actually, Oprah has already taken the third step—to find a sound nutrition program—at the Doral Resort and Spa, where participants eat a healthy 1,300 calories a day (see "Dieting à la Oprah"). With modifications once she's dropped the weight, it's the type of plan she should be able to live with long-term.

Next, with her doctor's approval, Oprah needs to exercise, thirty minutes, three to four times per week. Not only will it make the pounds melt away, it will also keep her metabolism from slowing.

At the same time, experts recommend that compulsive overeaters seek a support group to function as a forum for sharing experiences and providing understanding.

Finally, it's important for Oprah to accept the weight her body comfortably and healthfully maintains. This last bit of advice may be the most difficult to achieve. "There are incredible pressures," says Ann Kearney-Cooke, Ph.D., a Cincinnati psychologist who specializes in eating disorders. "But women need to reclaim their bodies, not look outside at society to tell them how they should look."

So here's to a healthier, happier Oprah. She's learning to control her eating and to change the kind of food she eats. The process of conquering compulsive overeating is long and difficult; even if she should lose weight—on another crash diet, say—it won't bring lasting results. But, if Oprah goes about it the right way, there's a good chance that she'll succeed permanently.

We wish her the best of luck. ■

Kathryn Casey is a contributing editor to Ladies' Home Journal.



A PUBLIC STRUGGLE (FROM LEFT): A ZAFTIG OPRAH IN 1988; IN 1989, SVELTE AFTER A SPARTAN LIQUID DIET; OPRAH IN 1992

Dieting à la Oprah

The diet Oprah followed at the Doral ... sort and Spa is based on the healthy-eat... principle of high-carbohydrate, low-... foods—rich in fiber, vitamins and min... als. It's designed for a gradual but ste... weight loss of one to two pounds e... week. Here, from Susan Price, co-aut... of "The Anti-Cellulite Diet" (Putna... 1991), are some sample meals for this k... of diet, with a daily maximum of ab... 1,300 calories and 29 grams of fat. ... member, though, if you're a compuls... overeater, you should, for long-term s... cess, consider seeking assistance fro... therapist or support group.

Breakfasts

1. ½ cup orange juice *55 calories, 0 gr... of fat;* 1 plain bagel *165 calories, 1 gra... fat;* 1 ounce reduced-calorie cream che... *30 calories, 1 gram of fat*

2. 1 cup oatmeal *145 calories, 2 grams of ...* 1 medium banana *105 calories, 0 gram... fat;* ½ grapefruit *40 calories, 0 grams of f...*

3. 1 cup cantaloupe pieces *60 calorie... grams of fat;* 2 slices raisin toast *140 c... ries, 2 grams of fat;* 4 ounces low-fat ... tage cheese *50 calories, 1 gram of fat*

Lunches

1. 3½ ounces chunk white tuna packe... water *100 calories, 5 grams of fat;* 1 tab... spoon fat-free mayonnaise *50 calorie... grams of fat;* lettuce and tomato *25 c... ries, 0 grams of fat;* 2 slices wheat br... *120 calories, 2 grams of fat;* 1 pear *100 c... ries, 0 grams of fat;* 1 cup skim milk ... *calories, 0 grams of fat*

2. Large chopped vegetable salad *75 c... ries, 0 grams of fat;* 1 ounce crumbled ... cheese *90 calories, 7 grams of fat;* non... dressing *5 calories, 0 grams of fat;* 1 ... pocket *120 calories, 1 gram of fat;* ½ ... canned unsweetened pineapple *75 c... ries, 0 grams of fat;* 1 cup skim milk ... *calories, 0 grams of fat*

3. 1 slice cheese pizza with vegetables ... *calories, 7 grams of fat;* 1 nectarine *65 c... ries, 0 grams of fat*

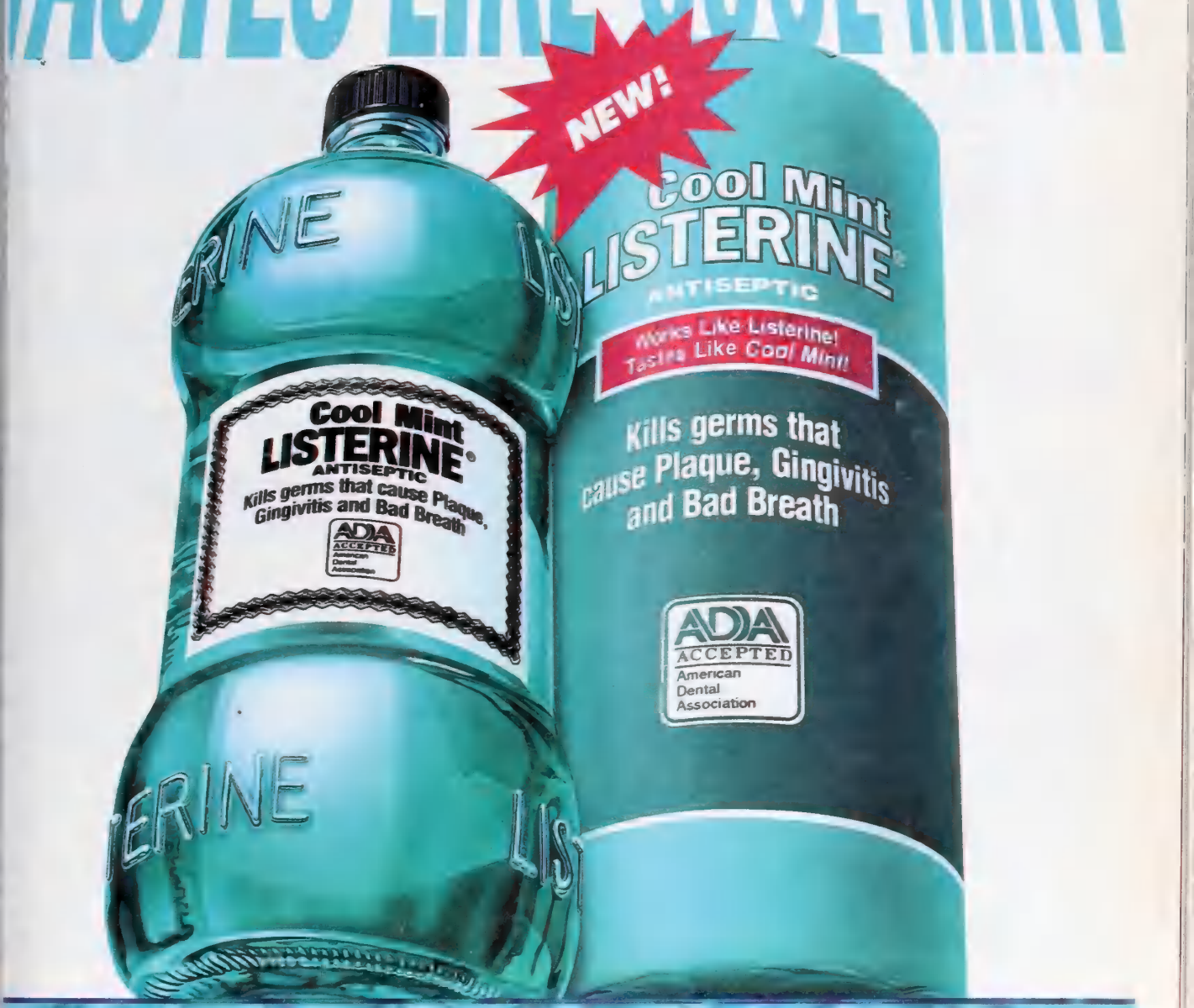
Dinners

1. 3½ ounces flank steak *245 calories, ... grams of fat;* 1 baked sweet potato ... *calories, 0 grams of fat;* ½ cup cook... spinach *40 calories, 0 grams of fat;* ½ ... unsweetened applesauce *55 calorie... grams of fat*

2. 4½ ounces grilled red snapper ... *calories, 2 grams of fat;* 1 piece corn on ... cob *80 calories, 1 gram of fat;* 6 aspara... spears *20 calories, 0 grams of fat;* tos... salad with fat-free dressing *50 calorie... grams of fat*

3. 3½ ounces skinless chicken breast ... vegetable stir-fry *200 calories, 4 gram... fat;* ¾ cup fruit sorbet *170 calorie... grams of fat*

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The hormone handbook

continued from page 132

That, she emphasizes, "is completely, utterly unknown."

Ultimately, the choice to take or not to take replacement hormones has to be an individual one. Women at high risk of osteoporosis or heart disease should definitely get estrogen. Those who probably should not include women who've had breast, ovarian or uterine cancer or have a strong family history of these cancers; those with liver or gall-bladder disease or blood-clotting disorders; or those with unexplained vaginal bleeding. "The hardest question is what should the vast majority of women who fall between the two extremes do," says endocrinologist Allan Pont, M.D., of California Pacific Medical Center.

Above all, women should not feel pressured to accept or avoid hormones. Petitti advises, "Talk to other women and other physicians. Keep in mind that beginning hormone therapy doesn't commit you to taking it for the rest of your life." Says Mulvihill, "I usually recommend that a woman try HRT for three months. Side effects, such as spotting, often occur in the first month but disappear in the second or third. Other problems, such as breast tenderness, can be reduced by manipulating the doses."

Another big question is how long is too long to take replacement hormones. The greatest protection against heart disease comes with five or more years of use—but the risk of breast cancer also increases with prolonged use. Also, "there's no way to avoid rapid bone loss whenever you stop estrogen," says Bess Dawson-Hughes, M.D., chief of the calcium and bone metabolism lab at the U.S.D.A. Human Nutrition Research Center on Aging at Tufts University, in Medford, Massachusetts. "However, if you take it for ten years, that means you gain ten years of not losing bone. That's important, because you can't hold your own in terms of bone density with measures that work earlier in life, such as good calcium intake and exercise."

For women who can't or won't take hormones, there are alternatives. Clonidine, a drug that reduces blood pressure and heart rate, may relieve hot flashes. Testosterone creams, used in the vagina, can help with dryness and irritation. And though there are no scientific studies, some women report relief of hot flashes, fatigue, depression and other menopausal symptoms with vitamin E or B_6, or ginseng (which has some estrogen in it).

"The fact is that we have more options than women ever did in the past," says Mulvihill. "It may take some time and effort to find the best possible approach for every individual, but it's worth it." ■

Dianne Hales writes frequently on health and psychology.

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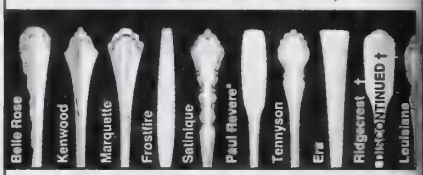
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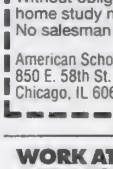
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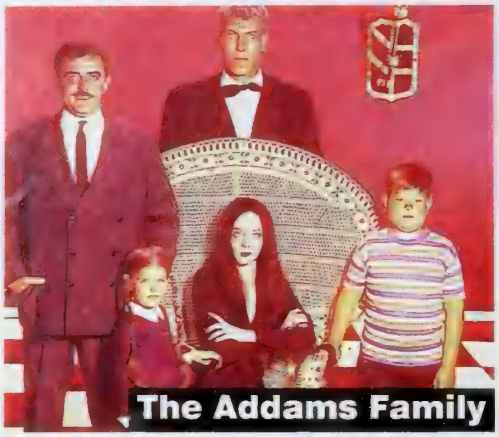
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Leave it to Beaver


The Addams Family


The Flintstones


All in the Family


The Cosby Show


Family Ties

Roseanne

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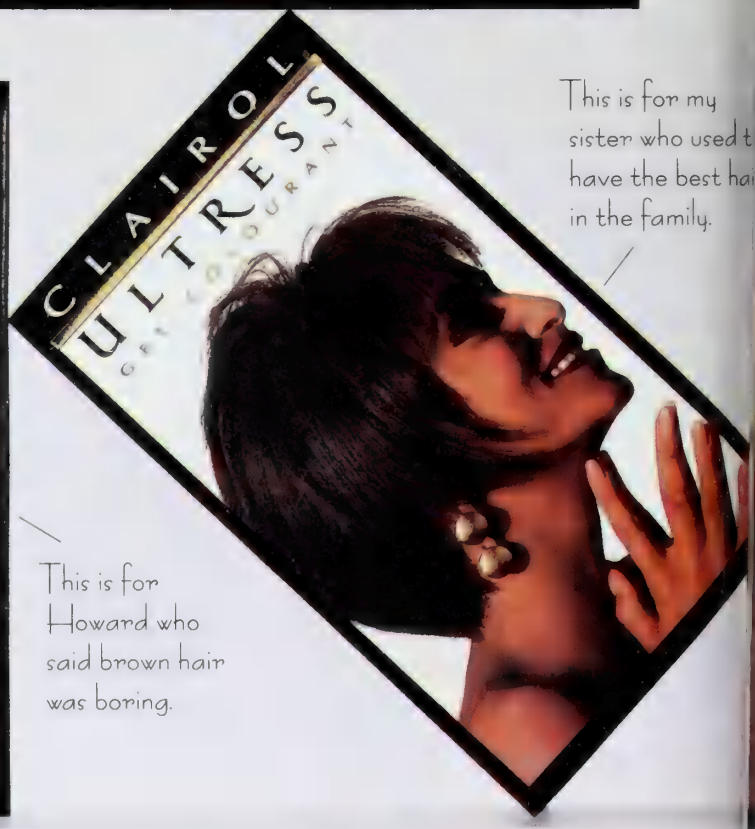
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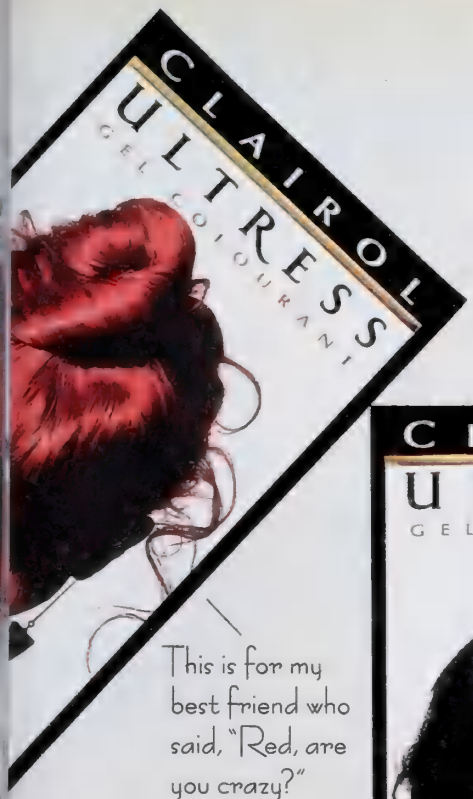
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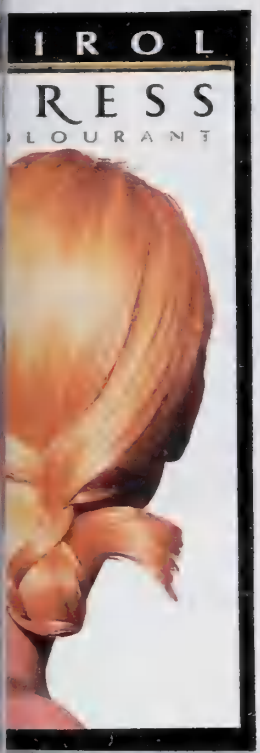
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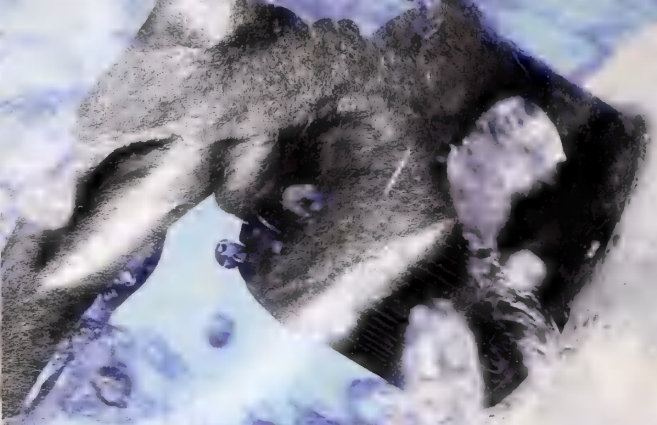
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editor's journal



I know how busy you all are right now buying presents, sprucing up your house, inviting friends and family over to celebrate. But I want you to add one more thing to your "to do" list this December. Recently I met a woman who teaches seminars in self-esteem. She told me the biggest problem she finds is that women don't know what they want for themselves—and don't even have time to think about it. Well, this Christmas I want you to give yourself the present you may need most of all: some time for you.



Wouldn't an evening out every week so that you can take a course or attend an aerobics class be a great gift? How about a Saturday every month to visit an old friend or go to a museum? Or, at the very least, twenty minutes in the morning twice a week so that you can have a cup of coffee and just sit and think? This is the present you really have to want to give yourself, or it won't happen. I know it's Christmas, but you can't truly give to others unless you nourish yourself.

Now, if you need to send a great gift to a friend or relative this holiday season, here's a perfect, timesaving suggestion: Just call 800-247-8080, and a subscription to *Ladies' Home Journal* will be on the way with a card from you. I think you know that each month *LHJ* is filled with information, entertainment and inspiration. It will be like giving someone you care about a useful present all through the year. We hope this special holiday issue adds to your family celebration. Merry Christmas, Happy Hanukkah from our entire staff.

Myrna Blyth

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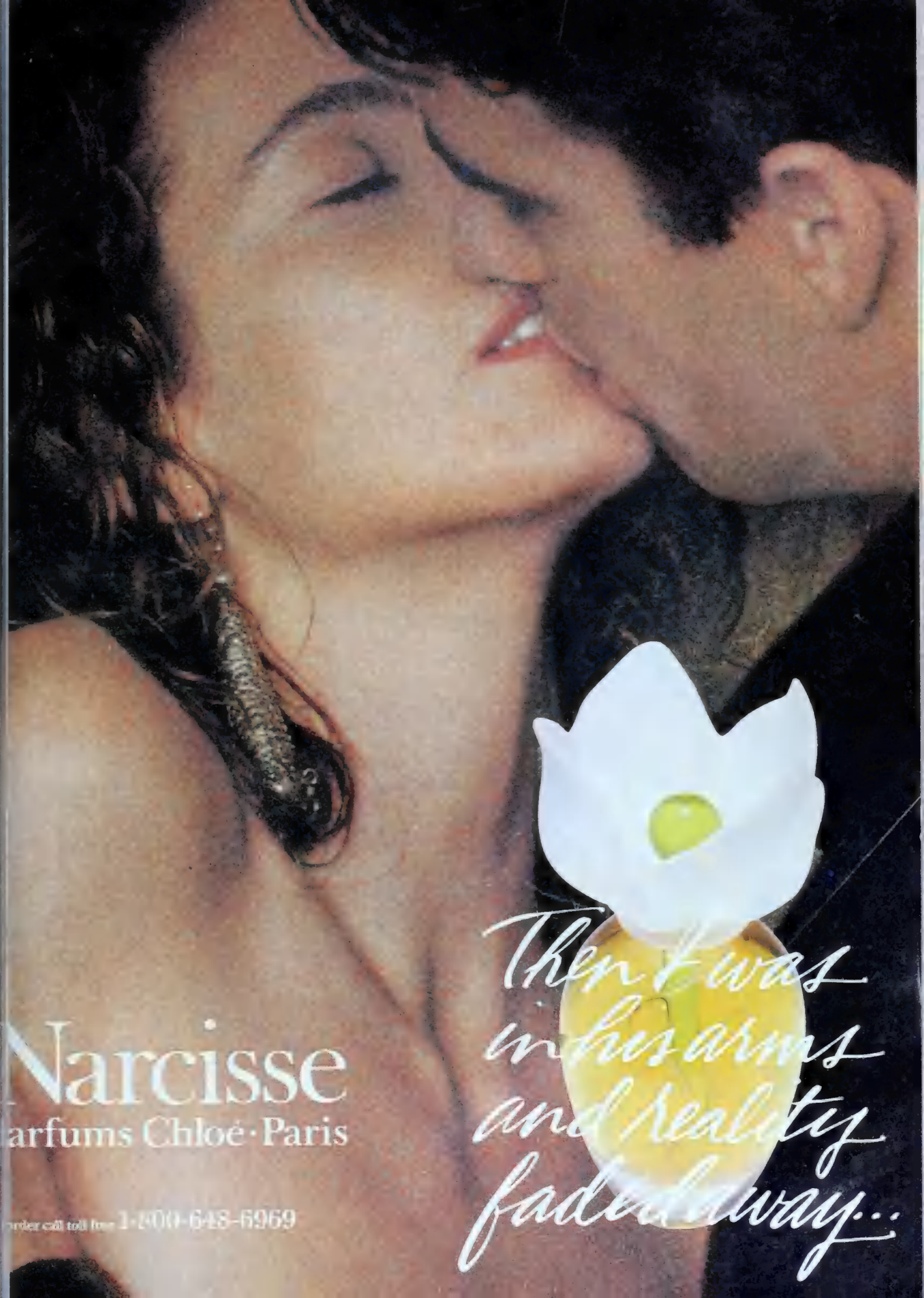
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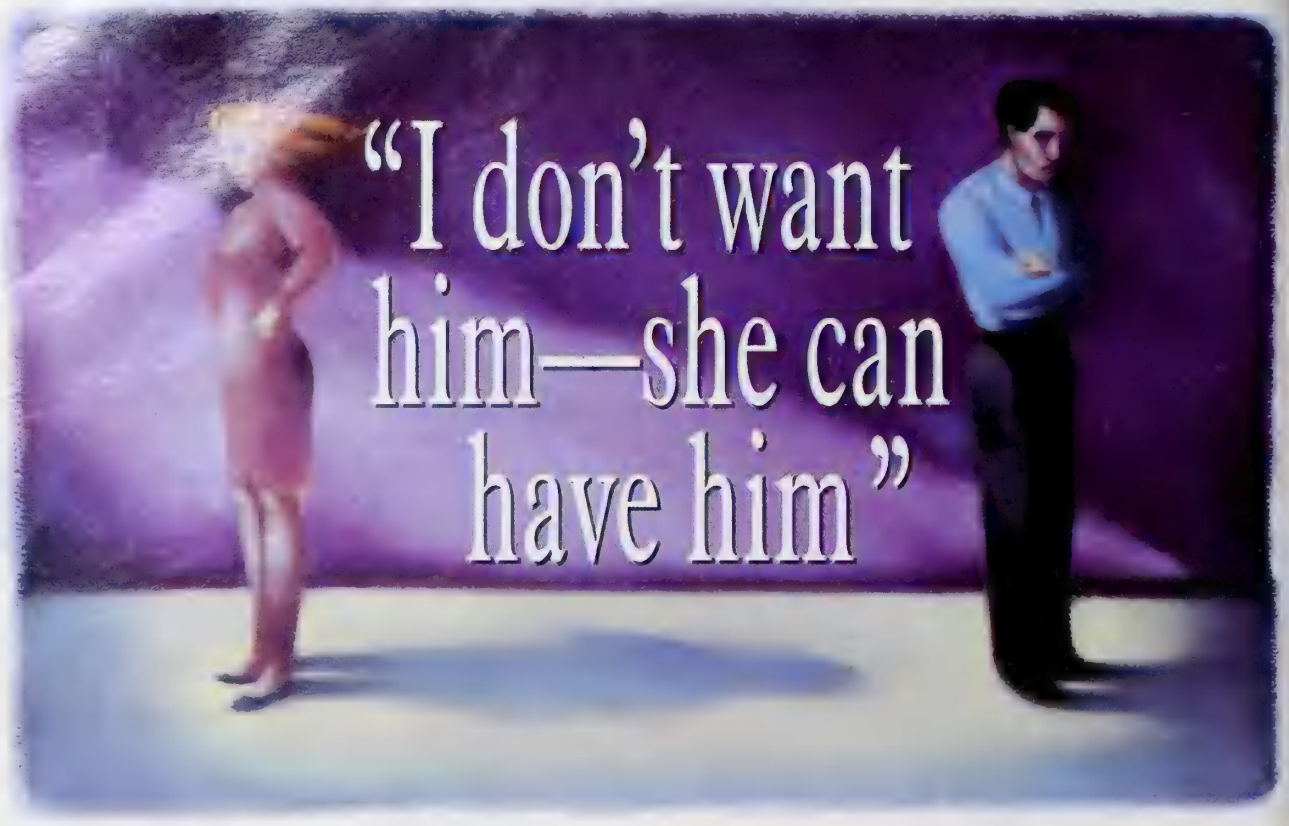
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"I don't want him—she can have him"

BY SONDRA FORSYTH

THERESA'S TURN "Jimmy has an incredibly low opinion of himself," said Theresa, twenty-eight, a dark-haired beauty with large brown eyes. "I guess that's not surprising, considering that his mother is an absolute witch who won't let him forget that he was an accident and that he was born deformed. I'm serious. Jimmy came along when his parents were forty-six and the other two kids were teenagers. He had a harelip, but the surgery he had to correct it was a success, and now you would never notice.

"Anyway, the problem is that my love is wasted on my husband. When I realized how much he was hurting, I told myself I could make a difference—I'd accept him, believe in him and let him know how great I think he is. But his mother has done such a job of making him feel that he could never please her or anyone else that he can't hear what I'm saying. He's on the defensive all the time, and he'll twist around anything so it sounds like I'm putting him down. The other day we were getting dressed up to go to my sister's birthday dinner, and I said he looked really sharp. So he said, 'Oh, you think I'm a slob the rest of the time?' We've been married for almost six years, and if anything, he's worse than he ever was.

"But he *has* conquered his drug and alcohol problems, so that's probably not a fair thing to say. During the year we dated before we married, I thought Jimmy was just a social drinker. We'd go out to a bar or disco and we'd both have a few, but he never lost control. I had no idea that after he took me home, he spent the rest of the night doing cocaine and drinking. I found out on our honeymoon. Nice surprise. Maybe I should have backed out then, but as I said, I thought I could love him so much he'd forget how miserable his mother had made him feel. Even so, I didn't get up the nerve to make him face his addictions until after our second child was born. I have to admit, I was pretty encouraged by his reaction. He went right to a rehab center for two weeks, *(continued)*

THIS MONTH'S CASE IS FROM THE FILES OF FLO ROSOF, PH.D., DIRECTOR OF THE LIFE DEVELOPMENT CENTER, IN HUNTINGTON, NEW YORK. THE STORY TOLD HERE IS TRUE, THOUGH NAMES AND OTHER DETAILS HAVE BEEN CHANGED TO CONCEAL IDENTITIES.

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which was expensive but worth every penny. He still goes to AA meetings, and I go to Al-Anon. The trouble is, the rest of his behavior hasn't improved at all. He can't handle criticism, the glass is always half empty, and he continues to think he's a jerk despite everything I do.

"I guess I still want to make this work, but I'm exhausted. In the beginning, Jimmy lost his job, even though he's a top-notch electrician. By the time we had been married for two years, he'd run through all our money, and we had just had our first child. I'm the middle of five kids, and my parents instilled a work ethic in us. I had a bank account when I was eleven years old. I couldn't believe Jimmy had turned us into paupers who had to ask for help from our families. Fortunately, my old boss at the bank took me back as his secretary, but I really resented leaving the baby in day care and going out to work to support an unemployed addict. I worried about the baby.

"Well, I got pregnant again, and, as I said, I leveled with Jimmy about the drugs and the drinking right after I got home from the hospital with our second son. So, Jimmy got clean and started making a living—but then he also started having an affair. I was in shock when I found out. It didn't take long, believe me. He kept coming home later and later, and I could smell perfume on his clothes. I confronted him about it, but he couldn't have cared less. He's been seeing her ever since. Once, just two weeks ago, I saw them going into a restaurant together. I wanted to run after them and shout, 'You can have him, for all I care.'

"To be honest, at this point she does have him. He has no shame, and he'll stay away for days at a time. I might as well be a single mom. Patrick just turned three, and he doesn't even ask for his father anymore. Jimmy forgot about his birthday party, and Patrick didn't seem to notice. As for Ryan, he's fifteen months old, and he has no idea what it's like to have a father. Not only that, but I do everything around the house, from housework to yard work. I don't want the neighbors to think I don't know how to maintain my own home. But Jimmy won't lift a finger. And if I suggest the littlest chore, I get lambasted for being a nag just like his mother.

"The only positive thing right now is that Jimmy has a good job again, so he eases his conscience by paying all the bills and making sure I have plenty of spending money. Of course, I'm happy about that. I feel very strongly that your kids are only young once and you should bring them up yourself, so I quit my job. I love being a full-time mother. At le on this level, I'm able to give my boys kind of happy childhood I had. Bu this continues, I want to get formally vorced and collect child support. W should I stay married to a man who's absentee father and who won't take love, no matter how hard I try?"

JIMMY'S TURN "Theresa says loves me, but I don't see how she coul said Jimmy, a tall, angular man of thir five who sat hunched over with his e downcast. "I don't deserve to be loved a good woman like her. I don't treat right; I never have. I'm the first to adr that. It's not that I've ever meant to h her. My whole life has been a bad joke.

"The way my mother tells it, she a my dad had gotten a little drunk at a fa ily wedding, and they came home and carried away. Because she was forty-six the time, she thought she was having change of life, but, really, she was pr nant with me. My brother was in colle and my sister was graduating from hi school. I guess my folks had been looki forward to some freedom. And my mo er says the pregnancy was awful; she v sick all the time, and then the labor we on for days. Now, imagine how she f when she gave birth to a child with harelip. They did surgery, which work

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lly well, but her first two babies had n so perfect. She felt I was a freak.

'Also, I suppose you couldn't expect a ddle-aged couple to go all out for a ca- se kid like me, but the thing is, they er did any of the childhood stuff— ır know, the birthday parties, the oth Fairy, the circus. They went to rida every holiday and left me with nt Gina, my mother's unmarried sis- She was real nice to me, but the other s in my class would talk about deco- ing the tree and baking cookies for ristmas. Aunt Gina just had a little e tree on her foyer table. She'd make turkey TV dinners.

'There was another problem: I just uldn't seem to live up to my brother's l sister's reputation in school. They re both great students, and I was aver- , at best. Maybe I could have tried der, but everything seemed so hope- s. The one time I got an A in math in seventh grade, my mother said, 'Well, about time.' My father didn't even her to comment.

'I got in with a drinking crowd in h school, and I know now that by the ıe I graduated with a D average, I was eady an alcoholic. I was always good h electrical stuff, so I applied for an prentice job and worked my way up. t I started spending my paycheck on oze, then cocaine. I was still living with my folks, but I had the perfect way to tune my mother out—get high, and everything will seem fine.

"Then I met Theresa. She was sitting at a table with three girls, and I couldn't take my eyes off her. She was the most beautiful woman I had ever seen. After a couple of beers, I made my way over, and I must have come on to her just right, because before you knew it, we were slow dancing. I felt like I had died and gone to heaven. She let me drive her home, and we had just one quick kiss, but I'll never forget it. But then, I went right back to the bar and got smashed.

"We dated for almost a year, and I would be the perfect gentleman every time, then go do my thing. She never knew. When we decided to get married, we set a date, rented a place for the reception, and I booked a honeymoon hotel in the Poconos. I tried to convince myself this was a dream come true and that I'd change and everything would be fine. But on our wedding night, I got so drunk I passed out before we could do anything in bed. I suppose she thought it was wedding jitters, but she found out pretty quickly what I was like. She could have had the marriage annulled—we're both Catholics—but she stayed with it.

"After the second baby, Theresa went back to work, and she found the rehab center for me. Now, get this—I got sober, I got off drugs, but things got worse instead of better. Stone-cold sober, I looked around and said, 'Holy Toledo, I've got this wife I don't like and two babies. How'd this happen?' What did I need with a bossy wife after spending my childhood with a bossy mother? She'd say something like, 'Looks like the hedges need trimming' or 'That sofa has lint all over it,' and I couldn't deal with it. I can't let a woman boss me around anymore. It makes my blood boil.

"About this time, I landed a great job, and made up my mind to do things right. I started working late, but Theresa wanted me home to have time with the boys, have dinner, put them to bed. So, the way I hear it, when I was out of work, I was a bum—but when I was working, I was also a bum because I never paid attention to her or the children. I just didn't want to be home.

"I started hanging out at my old haunt again, even though I wasn't drinking. I'd nurse a club soda and pass the time. After a while, I made friends with one of the regulars, a woman named Kathy, and one night we went back to her house. The sex was good, and Kathy didn't seem to want anything else from me. No marriage, no money. She wasn't trying to run my life. She wasn't judging me. Now I'm with her for maybe two nights a week. I make sure Theresa and the boys have all the money they need, but *(continued)*

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beyond that, I know I'm not much of a husband and father.

"Here's the really weird part. I miss Theresa and my boys when I'm not there, but I can't seem to get myself home. What's wrong with me? Why can't I love the woman I married?"

THE COUNSELOR'S TURN "As Theresa said, Jimmy's lack of self-esteem was one of the main problems for this couple," said the counselor, "and I did believe that he needed some individual counseling. However, Theresa was also contributing to the conflict. She is a no-nonsense perfectionist, and Jimmy perceived her insistence on, for example, a spotless house as fault-finding and nagging. What's more, she had been raised in a strict, religious household and taught to believe that she should be totally self-sacrificing; her needs and feelings were not as important as those of others.

"After I saw them together twice, then once separately, I decided to split our time into two parts: During the first half of the session, I would see them together; during the second half, I would see them separately. This was particularly valuable for Jimmy, who learned to trust my opinion and advice on identifying his own feelings and expressing them to Theresa.

"The goal of my first exercise with Jimmy was to help him understand that he was not to blame for feeling the way he did. For instance, I asked him how he thought he'd react if he unexpectedly heard a bloodcurdling scream. He said he'd be startled and would probably jump back. Then I asked him to raise his right arm. He did. Then I asked him to feel sad, but he said that wasn't something he could do simply because I asked him to, like raising his arm. I agreed, and pointed out that his emotional reactions were also innocent and blameless. He could feel startled, or he could feel fear, hate, love, anger or sadness and not be guilty in any way for those reactions. He had spent a lifetime trying to have the right emotional response in an attempt to placate his mother. The effort had left him incapable of opening up and responding to a warm woman like Theresa. It wasn't surprising that he also could not believe that his wife's feelings were genuine.

"Once we'd agreed that working on the problem was top priority, I went on to ask both Theresa and Jimmy what improvements in their lives they hoped to get from counseling and therapy. Jimmy, who is not very verbal and who was completely unaccustomed to speaking his mind, couldn't formulate any response. Theresa, however, quickly said she wa ed Jimmy to believe that she was his b friend. This elicited a smile from Jimn who said he wanted to 'stop being sad.'

"At that moment, I asked hi whether his relationship with Kat was making him happy. He said, e phatically, no, and Theresa register relief. We went on to explore the pos bility that Jimmy might be behaving, AA jargon, as a 'dry drunk.' That is, was using an extramarital affair, with strings attached, as an escape valve a a physical release, much as he had or used alcohol and drugs. I believed t the relationship with Kathy did n constitute a serious threat to the dee relationship he was trying, albeit vain, to establish with his wife.

"I asked this couple to promise spend the week between sessions treati each other with simple courtesy: fair without hurting each other's feelin Theresa admitted that many times, her frustration, she would slip int dominating, commanding tone, a speak to her husband the same way spoke to her sons. This would infuri Jimmy, who, of course, had not learned to recognize what he was feeli let alone articulate it.

"Jimmy, to my surprise, spoke up a asked how he could fake being nice if was also supposed to accept his feeli



hout blame. I pointed out that we can ve feelings and acknowledge them hout acting them out. For example, h of us may feel so angry at someone t we want to hurt that person physily, but most of us restrain ourselves m committing a violent act. We can nit and even express rage, but still be-e in a sane, civilized way. Specifically, sked Jimmy to think about the time eresa had pointed out that the hedges eded trimming. After a lengthy sice, he said, 'I yelled at her that she sn't going to tell me how to spend my urday. But, really, I was mad because ple have either ignored me or pushed around my whole life, and even when o what they say, it never turns out ht.' I then reassured Jimmy that this ction was okay, but that he had no ht to dump his anger on his wife. Ideiy, he could have explained how her ple request had stirred up bad memos inside him. Barring that, he should e at least been polite or said, 'You're ht. But I'm exhausted from working rtime. I'll get to it later, I promise.'

'Theresa and Jimmy went home with ir assignment to let their feelings flow treat each other respectfully. I was prised how quickly this exercise ped them. They both came back for following session and reported that y had 'had a good week.' Jimmy had been home much more than usual, and though they still were not making love, they had shared some affectionate moments. I also noticed they were using terms of endearment more frequently and naturally and that each one occasionally reached out to give the other a pat or stroke on the arm.

"Within four months, Jimmy had broken up with Kathy. Theresa reported that their sex life was back to normal. And Jimmy continued to curb his work hours so he could spend more time with his sons. In March, they all took a trip to Disney World, and by the end of the year, our work was about finished. Jimmy was able to tell Theresa he did love her and believed that she loved him. He was grateful that he had her and grateful for his sons. The upcoming holidays presented Jimmy with an opportunity to think about how he wanted to spend the time. Instead of going to Jimmy's mother's house, they'll stay home and celebrate with each other. For New Year's Eve, Jimmy bought a live tree to plant in their garden.

" 'I'm sure it will grow, along with our love. I'm not afraid of that anymore,' he told me during our last session." ■

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Skill builders

A civilized response

Do you, like this couple, often "dump" on each other? Jimmy's habit of dumping pent-up anger on Theresa is a common problem for couples. If one or both of you frequently overreact and end up making mountains out of molehills, try the following version of the count-to-ten technique: When one spouse says or does something that makes the other angry, both of you should look at your watches and wait a full two minutes before speaking. During this enforced break, draw deep breaths, sort out your thoughts and try to formulate a "civilized" response. Within a few weeks, curbing irrational outbursts should come naturally. The bonus: When you are angry with your mate for a justifiable reason, you'll be taken seriously because you haven't been crying wolf.

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"We survived the storm"

DURING HURRICANE ANDREW, WE ALMOST DROWNED IN OUR OWN BEDROOM. BUT WE MADE IT THROUGH, AND NOW WE'RE REBUILDING OUR HOME AND OUR LIVES



BY MARIELA LEWIS

It might not seem as though we have a lot to celebrate this month. When Hurricane Andrew ripped through our south Florida town of Cutler Ridge, it left us virtually homeless, and it will take a long while to replace everything we lost. But we have reason to give heartfelt thanks this holiday season: Our family is alive and well, and that makes all our losses unimportant.

Since moving to Cutler Ridge from Yonkers, New York, three years ago, my husband, Al Fishkin, our nine-year-old daughter, Abigail, and I had become used to hurricane season, with its heavy rains and temporary power outages. Last summer, as we do every year, we stocked up on canned goods, bottled water and candles, thinking that any storm would cause, at most, just a few days' inconvenience.

Yet as the weekend of August 21 approached, the newscasters began announcing with unnerving certainty that a huge hurricane was heading directly toward our area. Andrew, a mass of green, yellow and orange on the radar, was expected to hit land on Sunday, the 23rd. We were warned that it could be a severe one—a 3 on a scale of 5.

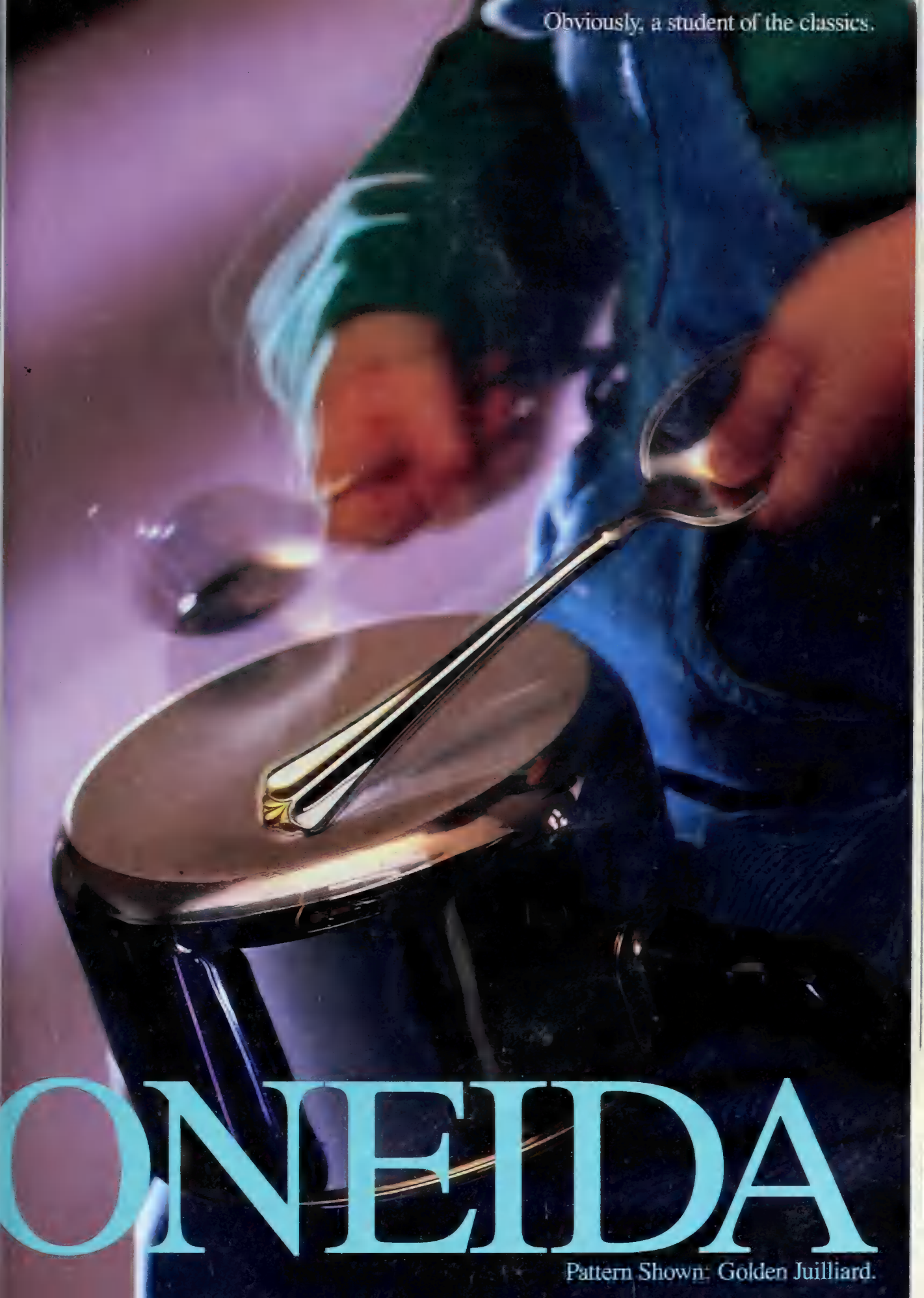
We went to bed Saturday night hoping to wake up to the news that Andrew had switched course or evaporated somewhere over the Atlantic. Instead, on Sunday morning, the reports only grew more ominous, and the atmosphere around town was eerie. The streets were packed with traffic as everyone rushed to buy emergency supplies.

We stocked up, too: more water, plywood, nails. Abby and I waited one hour to buy a can of extra gasoline for the car, and stood on line for two hours at the supermarket. Al nailed wood over the windows and hooked a portable TV to the car battery. I used heavy plastic bags to wrap photo albums, Abby's baby book and other mementos. By late afternoon, there was nothing to do but wait.

Then we heard that our neighborhood was part of the evacuation zone, and many of our neighbors abandoned their homes. Some hurried north to relatives or hotels, others to a community college where the Red Cross had set up a shelter. (Later, we learned the college had lost part of its roof, and a number of people had sustained minor injuries.) But Al and I felt strongly about staying put, confident that we would be safe inside our one-story cement house. Those of us in the neighborhood who were staying behind got together, compared notes on preparedness and wished each other luck.

By nightfall, the wind had picked up and the rain started. Abby went to bed, and Al and I watched the news. It's an odd sensation to sit in your living room and hear about a disaster that's about to tear into your world. Andrew was now a category-4 hurricane, verging on a 5, and might pack gales of up to 180 miles an hour. Words like "deadly" and "devastating" were being used.

By twelve-thirty in the morning, the winds were howling so fiercely that they sounded like sirens. It was time to take cover. We woke Abby, dressed in warm clothes, and gathered our supplies—the TV, blankets, flashlights. Then we moved into the hallway, taking our dog, cat and hamster with *(continued)*


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A woman today
continued

us. Within minutes, though, we could hear the house moaning, and the hall didn't seem safe enough. We moved into our bedroom and squirmed underneath the bed on our stomachs, keeping Abby between us. We had pulled the mattress off its frame and propped it against the bed to shield ourselves from whatever might come our way. Chrissie, the cat, and Mickey, the dog, scrambled to join us; we were a mass of arms, legs, heads and tails.

Soon we felt an odd pressure building in the air. Al ran back to the boarded windows to open them a crack; that seemed to relieve it. Meanwhile, Abby was uncomfortable on the hard floor and was beginning to panic. "It'll pass quickly," I reassured her.

The winds grew stronger and louder as we held each other tightly and watched our TV. Our house shook as though it were made of straw. The reporters said our street was in the direct path of the hurricane's eye; the worst was still several hours away. That was hard to imagine; this was already as powerful as anything we'd ever experienced.

Perhaps the worst casualty of Andrew was the loss of security. When we heard that looters were invading homes, my peaceable husband bought a shotgun. Everyone has been affected by this storm but the thieves.

Suddenly there was a thunderous explosion, and something crashed against the outside wall. The blasts continued, sounding at times as if they were right in the next room. It was terrifying not knowing what was going on, but we dared not go out of the bedroom for fear of being hit by flying debris.

At some point, the lights went out, leaving only the glow of the TV. Another gigantic explosion sounded somewhere to the right of the house, and rain swept through the room. We could see the hallway filling up, and soon we were lying in water that wouldn't stop coming. The cat leapt to the top of the bed, and the dog crouched against the wall.

Al and I managed to keep our heads above water, but we were scared sick about Abby. We grabbed pillows from the top of the bed and stuffed them under her head. Then we crouched down again. In retrospect, we probably should have moved the bed, stood against wall and shielded ourselves with mattress, but we were too panicked think clearly.

I could see the fear in my daught eyes; she understood that we co drown right here in our house. But could I promise my child that we'd okay, when I wasn't at all sure of myself? The animals whimpered, and own heart pounded so furiousl thought I might actually die of frigh prayed as I never had before in my life

For a long time, no one said anyth It was hard to talk, and it was eno just to feel the comforting touch of husband. I was afraid that I was hold Abby too tightly—and that I wasn't h ing her tightly enough.

Around three in the morning, phone near the bed rang, and Al pu it down. I rem ber thinking t whoever was c ing might be h ing our voices the last time. It my younger ter, Dana, phon from New Yor see whether were all right. some reason, spoke in whisp Though I coul even begin to scribe what was ing on, the soun wind and crash objects in the b ground told enough. We pra together until line went dead.

The explo sounds picked again, and the kept sweeping We reached for thing within grasp with which to prop Abby's h above the rising water. Over the b bardment we could now hear pe screaming. Al and I prayed for our fa ly, for our neighbors and for one ment of calm before the eye of hurricane passed over us. But no s respite came.

Our fear of the house crumbl around us was suddenly replaced new, desperate panic when Al a smelled the strong odor of natural ga it ignited, the whole house could plode. I felt as close to death as I ever felt in my life. I had to force m to breathe, to think beyond this mom I soothed my daughter as best as I co babbling, "We're going to be ok Then, just as quickly as it came, the was carried off by the winds. *(contin*

ELIZABETH TAYLOR'S

PASSION



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THE GIRL WHO HAD EVERYTHING

Abby and I tried to sleep, but every loud sound jolted us awake again.

After more than six and a half hours half submerged under our bed, we could hear Andrew slowly blow to our west. Around seven o'clock, one of our neighbors came knocking at our door, hollering, "Is everyone all right?" Though we knew the worst was over, we were afraid to venture out. Al went first, and all we could hear him say as he walked through the house was, "Oh, my God, oh, my God."

Gathering our courage, Abby and I joined Al. The house was strewn with debris—some of it ours, some blown in from outside. Water and glass were everywhere, and the roof leaned ominously. Our furniture was broken and soaked. But somehow, our little house remained standing, and the plastic-wrapped mementos were safe.

When we went outside, my first thoughts of despair were soon replaced by the realization that we had been lucky. All the trees on our street had been uprooted. Some houses were mere shells, their windows shattered or blown out, their furniture gone. Cars that once sat in driveways were moved yards away. The debris was incredible: clothes, furniture, magazines, doors, appliances, entire roofs. Neighbor after neighbor stepped out of their houses. Everyone was crying—some hysterically, some quietly sobbing. However, after we did a head count, we saw that everyone on our street had survived.

In those first days after Andrew, we all struggled to protect whatever we had salvaged from the rain that kept pouring and leaking in from damaged roofs and cracked walls. Like our neighbors, we shared what we had and made do without the things we once took for granted: running water, electricity, fresh food, dry clothing. We watched mold take over the walls and ceilings, causing them to collapse.

Our mildewed clothing disintegrated and had to be thrown out. We discarded stacks of furniture and water-corroded appliances. All told, we lost about half our furniture, but I can't say that I was terribly upset about it. Not having a sofa or chair left to sit in was a slight inconvenience compared to the loss of normalcy in so many larger ways.

We came to redefine what "normal" was. We learned the routine of waiting on line and watched fights break out over water and food. We drank warm beverages to avoid paying $20 for a bag of ice, and drove miles out of town for breakfast and dinner at restaurants. We saw our town become an army camp, feeling like refugees in a foreign land. learned to beg for roofing nails, bart for water and accept hot food fro strangers thankfully.

Thanks to the Red Cross and t merchandise vouchers they supplie my family has been able to replace su basics as shoes and bed linens. Corpo tions, too, have been incredibly ge erous: Little Caesars Pizza, McDonal and U.S. Sugar Corporation, amo others, distributed meals. I am grateful the thousands of individuals who ha been helping anonymously.

Perhaps the worst casualty of Andr was the loss of security. When we hea that looters were invading homes, n peaceable husband bought a shotgu He takes turns with the neighbors p trolling the pitch-dark street at nigh As one of my neighbors said, everyo has been changed by this storm exce the thieves.

It's been four months since Andr visited Dade County. Even after o month, our phones were not co pletely in service, and it was still long until we had electricity and running w ter again. We moved into a trailer in o backyard that will be our home until t rebuilding is done. It has a generat and a hot plate, so we can finally co our meals and boil water.



e have no idea when our house will fe enough to live in again. It needs a roof, walls, floors and wiring. The ical repair is what concerns us most: e all been warned by the power com- that the water-damaged wires could out and cause a house fire.

ough we don't know when or if our ing main thoroughfare will once bustle with people, whether stores, tations, restaurants, theaters and rs' offices will be rebuilt or if new will be planted, we look to the fu- with hope.

e returned to my accounting job iami, and Al, a free-lance computer am analyst, is trying to keep busy ite of the lack of electricity. Our was blown away, so we rely on our of use" payments from our home- r's insurance for extra money. Still, thing is so expensive that cash goes quickly.

e shop for food twenty miles away, ng our battered but still-function- ar, and rush for home before the tly curfew. Whenever we leave the e, we worry that looters will take little we've got. We talk to roofers stand in line to see insurance ad- rs. Fortunately, we should be reim- ed for most of the rebuilding and cement costs.

e enrolled Abby in a new school because her elementary school is sharing classroom time with a neighboring school that was badly damaged. One class attended in the mornings while children from the other school came in the afternoon.

In most ways, our daughter seems okay. I worry about the long-term effects on her, of course. She's a bit testier than usual, and more moody. She's seen and done things that are so far outside our normal experience and value system—things like helping her father paint the message "You loot, we shoot" on the side of the house. She added smiling faces to the sign, as if to dilute the harshness of the words.

Al and I have encouraged Abby to talk about and describe what happened, over and over again. We don't want her to be afraid of being afraid. We want her to believe, as we do, that someday Cutler Ridge will be rebuilt as completely as possible. Other children are having a harder time coping. One four-year-old neighbor, Natalie, covers her eyes when she goes outside because she can't stand to see the devastation.

But Abby, like the other children here, has learned something important. They've experienced a sharing and a compassion of a kind that most American kids will never witness. We have all become closer to the people in our community, sharing our stories and our feelings openly with people we barely knew before, because we know they truly understand and sympathize. Strangers aren't strangers anymore.

Our family is still a bit shell-shocked, and we'll never again equate nature solely with beauty. But despite our losses and fears, we are grateful to God, to our neighbors, to the thousands of people who have come to our community's aid. We are thankful that human kindness and generosity are present not only at Christmastime, but all year long, as well. ■

To make a contribution to the Red Cross relief effort, send a check or money order to: American Red Cross Disaster Relief Fund, P.O. Box 37243, Washington, DC 20013; to make a donation by credit card, call 800-842-2200.

SHARE YOUR STORY

The Journal will pay $750 for each article accepted for publication in the "A woman today" column. Manuscripts must be first-person accounts of actual dramatic events and should be 1,500 words, typed double-spaced and accompanied by a self-addressed, stamped envelope for return of the work. Include your address and daytime phone number on the manuscript. Reply may take up to three months. Send manuscripts to Box WT, Ladies' Home Journal, 100 Park Avenue, New York, NY 10017.

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HOLIDAY FRAGRANCES



Gifts that make scents

Perfume is a popular holiday present, not only because it makes a perfect stocking stuffer but also because it's such a personal gift. There are two types of fragrances: romantic and sophisticated. Romantic scents are created to smell like a floral bouquet. The most common ingredients? Rose and jasmine. Sophisticated scents are bright, upbeat fragrances. They can contain as many as one hundred ingredients. According to the Fragrance Foundation, women today often have a collection of fragrances. So even though your first inclination may be to buy a romantic fragrance *(continued)*

CHEAP CHIC

IT JUST SO HAPPENS THAT OUR FAVORITE FASHIONS AND ACCESSORIES FOR THE HOLIDAYS ARE FABULOUS BARGAINS! THIS SEASON'S MUST-WEAR COLORS? RED, BLACK, SILVER AND IVORY

When we spotted this JCPenney Catalog cardigan and crewneck (right), we could have sworn it was a pricey cashmere twinset—but at just $50, it's a real steal. Below: Tapemeasure's sexy black turtleneck bodysuit, $60, is a terrific buy. Great for adding glamour to tailored trousers.

Top: pants, Country Road; shoes, Robert Clergerie; belt, Dame; watch, Anne Klein; bracelet, Additions; sunglasses, Chatillon. Model, Silke Horstkamp of Next.

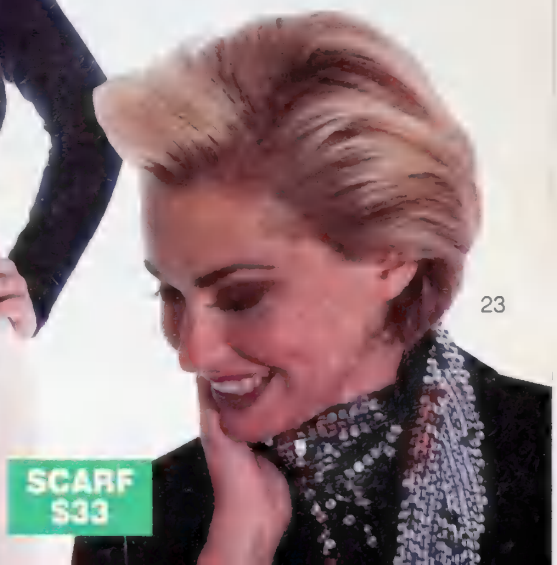


"The new way to add sizzle to suits is to wear a sequined scarf."

Honey's glittery scarf of silver sequins on black chiffon (below) is one of our favorite finds. Wrap it around your neck like a muffler and wear with a black jacket.

Suit, Michael Kors. Below left: pants, Adrienne Vittadini; beret, J. Crew; earrings, Agatha; purse, Adolfo; ring, Lazaro. Model, Rachel Giordano of Paulines.





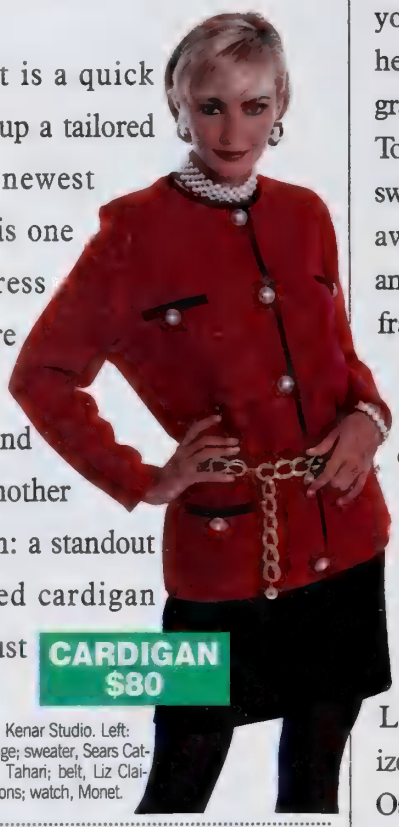
CHEAP CHIC



"Wearing ivory works like makeup to light up your face."

VEST $68 From Karen Kane, a $68 damask vest (left) adds a festive touch to a blouse-and-trousers outfit.

A chain belt is a quick way to dress up a tailored suit. The newest belts, like this one from Express (left), $32, are adorned with pearls, charms and jewels. At right, another red-hot holiday item: a standout Chanel-inspired red cardigan from Express for just $80. Instant style!



Top left: blouse, Karen Kane; pants, Kenar Studio. Left: suit, Michi Moon; bodysuit, Jay Savage; sweater, Sears Catalog; earrings, Agatha. Right: skirt, Tahari; belt, Liz Claiborne; earrings and necklace, Additions; watch, Monet.

MAKEUP WAKE-UP CALL

EXPERT TRICKS TO BOOST A TIRED FACE, FROM GUY LENTO, NATIONAL DIRECTOR OF MAKEUP FOR CHANEL



● Apply very little, if any, foundation. Instead, use a *yellow-based powder* to freshen skin tone, add a realistic warmth to washed-out, gray or uneven skin. Use a golden-beige, a pale-yellow or a subtle peach blusher, depending on your skin tone.

● *Concentrate eye makeup, including mascara, on upper lids. Try a muted, light-colored shadow such as banana, taupe or peach—all are good for everyone. Add a pencil liner in a color—violet, khaki or sapphire blue really brighten the eyes.*



(continued) for a hopelessly romantic friend, you may want to give her a sophisticated fragrance for a little variety. To keep scents smelling sweet: ● Store fragrance away from direct sun and heat. Light oxidizes fragrance, and extreme heat can alter the essential oils. ● In general, a scent stays true for about a year. After that, it may change because of exposure to air. Our favorite romantic scents: Truly Lace by Coty; Mesmerize by Avon; Volupté by Oscar de la Renta; Trésor by Lancôme; Rapture by Victoria's Secret; Chloé Narcisse; Annick Goutal Passion; Jaclyn Smith's California by Max Factor; Vanderbilt and Ellen Tracy. The most sophisticated fragrances: Bill Blass Hot; Jil Sander No. 4; Incognito by Cover Girl; Romeo Gigli and Donna Karan.

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The latest look for lips

MAKEUP STAR LYDIA SNYDER SAYS BROWN-RED LIPS ARE IT THIS SEASON. BELOW, THE BEST SHADES, PLUS APPLICATION HOW-TOS



Brown-red lips are the fastest way to change your look this year. Brown-reds not only look newer than blue-reds, but warm, rich bricks, sepias and russets work for everyone because they are more compatible with most skin tones." —LYDIA SNYDER

A lip pencil is a must, because when color is this intense, lips require a specific shape. *Slightly rounding the bow* on the upper lip adds natural-looking width and fullness to every mouth, and gives you an overall happier, softer look. Sharp lip lines look angry, severe and exaggerated; "out-of-bounds" liner looks retro, artificial.



Semi-matte and matte shades are long-lasting and can help add volume to thin lips. Some of the best new brown-reds at left, from top: Christian Dior Rouge à Lèvres Lipstick in Autumn Rose 836; Lancôme Rouge Superbe Matte LipColour in Matte Bourdeaux; L'Oréal Colour Suprême Lipstick in Red Sepia; Cover Girl Remarkable Lipcolor in Rich Russet; Chanel Lip Rouge in Matte Brick.

*M.A.C. Cosmetics also makes a great brown-red, Viva Glam, and will donate all proceeds from this lipstick to AIDS support groups in the U.S. and Canada. Each lipstick costs $12; to order, call: 800-387-6707.

DO THE TWIST

New York hair pro Gad Cohen shared his trick for a three-minute party look—a romantic chignon. Take hair at the nape, twist it loosely and fasten with an elegant bow and gardenia barrette. The key is to keep the look soft and easy, not pulled too tightly or gelled.



Hair accessory, Honey; sweater, JCPenney Catalog. Model, Rachel Giordano of Paulines.



Gifts for a scent-sational man

Planning to give cologne to the man in your life? He's sure to love it! According to a recent Gallup poll, 89 percent of men aged eighteen to forty-nine use cologne, and the median number of bottles per household is four! Why do men like wearing cologne? According to the poll, men say: ● I like the way it smells. ● My wife or girlfriend says she likes the smell. ● It makes me feel better groomed. To help you choose a new cologne for your husband, boyfriend or brother, we sniffed a few of the newest and deemed these the most irresistible: Romeo Gigli per uomo; Safari for Men; Polo Crest by Ralph Lauren; Joop! Homme and Cacharel Pour L'Homme.


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CNN, THE WORLD'S NEWS LEADER, AND LADIES' HOME JOURNAL PRESENT UP-TO-THE-MINUTE FACTS AND FINDINGS ABOUT THE WORLD TODAY

Video therapy Doctors at a major California children's hospital say that a video game is as potent as a spoonful of sugar in helping the medicine go down. The specialists, at Long Beach Memorial Children's Hospital, have found that the games divert kids' attention from pain, relieve anxiety and help cure "hospital blues." Parents don't mind the distraction—and neither do nurses: When little hands are busy with joysticks, they tend to lay off the call buttons.

—Dan Rutz, *HealthWorks*

Trashing assumptions A team of scientists who have dubbed themselves "garbage archaeologists" say they've discovered that paper—not fast-food containers, diapers and plastic, as most people assume—poses the biggest problem to our country's overflowing landfills. Not only is there too much waste paper, it doesn't break down quickly, according to the team, from the University of Arizona. Newsprint is particularly slow to degrade; in Toronto, the scientists unearthed several newspapers from the 1950s that were still intact. These findings, the scientists say, underscore the need to recycle.

—Miles O'Brien, *Science and Technology Week*

Vested interest Jazz up your winter wardrobe with something affordable and versatile: a vest. Gabriela Hirsch, creative director for the fashion company Go Silk, says the vest is back as a key accessory. It should be simple and unconstructed, Hirsch says. A long vest can be turned into a jumper; or, to make a bold statement, wear one over a jacket.

—Elsa Klensch, *Style with Elsa Klensch*

Recipe for a healthy life If you're trying to eat well, you might want to consider adding nuts and low-fat, calcium-rich foods to your diet. A study at Loma Linda University, in California, showed that eating nuts five times a week can significantly reduce heart-disease risk—if the rest of your diet is healthy. Another study, at the University of Southern California, revealed that eating calcium-rich foods can protect against colon cancer. Because fat may contribute to the risk of the disease, experts recommend you get your calcium through foods like low-fat or skim milk, and low-fat yogurt.

—Carolyn O'Neil, *On the Menu*

A new way to pay Last year, half of almost two hundred Fortune-500 corporations responding to a survey by the Families and Work Institute reported offering their employees dependent-care assistance plans, or "DECAPS," which give tax breaks to those paying for child care. The employer deducts child-care costs (up to $5,000) from the employee's paycheck and then reimburses the amount paid to a licensed child-care provider. In return, the employee pays a lower income tax. A good deal, right? Oddly, the survey showed that only about 5 percent of eligible employees use the plans.

Quote of the month: "When I hear the comment about PMS, I think women just cringe. Has she ever worked with men who are going through mid-life crisis? Does she want to talk about some mental instability and some patterns of unusual behavior?" —Major Sherry Sczubelek, New Castle, Delaware Police Department, responding to comments on PMS affecting women's performance on the force, during an appearance on *CNN's Crier & Co.*

Watch CNN's ***On the Menu*** for reports on food, nutrition and cuisine (Sat. 3 P.M., Sun. 10 A.M. E.T.), and ***Style with Elsa Klensch*** for a look at the world of fashion and interior design (Sat. 10:30 A.M., 2:30 P.M. E.T.).



A CHANGE OF HEART: THE RALSTON FAMILY (RIGHT) QUIT THE KU KLUX KLAN



A WOMAN SCORNED: BETTY BRODERICK (RIGHT) KILLED HER EX-HUSBAND AND HIS NEW WIFE



Oprah

PrimeTIME



A SCARLET LETTER: KINKY KATHY WILLETS (LEFT)



NO PLACE LIKE HOME: DEBORAH ONNEBANE (LEFT, CENTER) SUFFERED A DAY-CARE NIGHTMARE

A Current Affair

The story behind the story

Reality TV is hot. But what happens when the cameras stop rolling? LHJ follows up on some of TV's biggest real-life stories

BY LESLIE VREELAND



Betty Broderick: a wife's revenge

Once Betty Broderick lived an idyllic life in the gilded San Diego suburb of La Jolla with a handsome husband, four kids, designer clothes and European vacations. Now, the forty-five-year-old woman's surroundings are very different: Her home is the Central California Women's Facility (CCWF), in Chowchilla, where she spends her days mopping floors and making beds. Her two sons and two daughters have not visited her.

Betty's crime: fatally shooting her ex-husband, Dan, and Dan's new, younger, prettier wife. The sensational story, of a woman scorned for being too old and *(continued)*



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unattractive, captured the imagination of millions of viewers; when Oprah Winfrey interviewed Betty last March from prison, the talk show scored the second-highest ratings in its history.

Asked today if she ever misses her husband, Betty replies matter-of-factly, "I miss the person I married. The man who died didn't resemble him one bit."

Betty's bitterness came to a head in November 1989, when she shot Dan Broderick, forty-four years old, and his second wife, Linda Kolkena, twenty-eight, as they lay asleep in their bedroom. The killings were preceded by a bitter five-year legal battle over Betty and Dan's possessions and custody of their four kids. It was that conflict, Betty says, that led her to kill her husband—not the fact that he left her for someone else.

"The public has never understood my case at all," she says. "He beat the living hell out of me in court. What happened to me was wrong—unjust."

Early next year, a court-appointed attorney will file an appeal on Betty's behalf, asking that the decision on her case be reversed. But Betty isn't optimistic about her chances of getting a fair hearing. "I have totally and completely lost my faith in the legal system," she says.

In the meantime, Betty appears to be trying to make the most of life in prison. Inmates at CCWF are permitted fifteen minutes on the phone each day. Betty says she spends hers trying to keep in touch with sons Danny, sixteen, and Rhett, thirteen, who live with a family friend and her brother, respectively. The rage Betty feels over her lack of guardianship is still going strong. "My children are being held like prisoners of war," she hisses. "It is so frustrating."

At least, she adds, her daughters, Kim, twenty-two, and Lee, twenty-one, are "free"—that is, they are living on their own in San Diego. Betty hasn't seen any of her children since her incarceration at CCWF began in March; she blames the distance from home on that. "This place is nowhere!" she jokes (Chowchilla is 345 miles northeast of San Diego). "I even looked it up on a map, and that's what it said: 'nowhere.' "

Otherwise—to hear her tell it—the new surroundings suit her. Betty shares a room with five other inmates and holds a job as porter in her housing unit. "She's been getting along just fine," says Ramiro Muñoz, CCWF's Community Resources Manager. "Some of the prisoners even tell me they go to her for assistance or advice." Betty confirms it. "I am in exactly the same role I was in on the outside," she says. "I am motherly, friendly, generous and helpful."

The Onnebanes: There's no place like home

Deborah and Ed Onnebane sat horrified when *Primetime Live* correspondent Diane Sawyer showed them in June 1991 what undercover cameras had revealed about the New Orleans day-care center they'd so carefully chosen for their five-month-old son, Adam. The center, called Enchanted World, was anything but. Once the parents were gone, most of the employees vanished, too. All was chaos. Babies wrapped curtains about their necks, toddlers hopped on tables, and one tiny offender was smacked repeatedly in the face by an employee.

Hard for anyone to see, much less a parent. A camera recorded Adam crying to himself all day. When a day-care worker finally approached him, her only words were, "Oh, you're rotten! You're just spoiled! Look at this temper!" It also showed a woman smearing teething medicine on his gums immediately after changing some dirty diapers.

Since the Ralstons told a TV audience that they were leaving the Klan, their house has been shot at, and their German shepherd has been poisoned.



"It makes me furious," said Ed, who vowed on-camera to immediately begin looking for a new day-care center for Adam.

As for Deborah, she was nearly overwhelmed. Suddenly everything made sense. Adam had always been a happy baby, but he'd been extremely cranky since starting day care. Trying not to be too paranoid, the twenty-year-old first-time mother was reluctant to read too much into her son's mood change. Now she knew the reason, and the implications were terrifying. "I was very upset," she recalls. "I thought I'd made the best move for my child. I love him so much."

Two days after taping finished with Sawyer, Deborah made a phone call to withdraw Adam from Enchanted World (it, along with The All-American Day Care Center, also profiled by *Primetime*, has since closed). According to Deborah, Enchanted's owner tried to persuade her to keep Adam enrolled, pointing out that "nothing really bad" had happened to him. "I couldn't stay on the phone that," she says in her soft Southern accent. "I just wanted to cuss her out."

Now the question became: Who would care for Adam? Deborah was in the middle of completing her college degree at Louisiana State University, and Ed had a full-time job working at his father's pet store. A good friend offered to sit Adam, and Deborah took her up on it. Unfortunately, there was a catch—the woman could look after him for only a few months. To top it off, Deborah was pregnant again. By March 1992, when Adam's little sister, Emily, was born, the day-care dilemma loomed once more. And Deborah was worried. "I started to freak out in the hospital," she says, laughing at the memory. "I just thought, I can't go through all this again."

From her hospital bed, Deborah found the baby-sitting section in the Yellow Pages of the phone book and an agency whose employees seemed well-trained. Most were nurse's aides, and all were licensed in cardiopulmonary resuscitation. The agency promised that if a sitter didn't work out, someone else would take place her the next day. Three days later, Catherine August arrived. "For six weeks after I left the hospital, I made sure there in the house every day," Deborah says. "I felt I couldn't be too careful. I especially wanted to see how Adam and the sitter would interact."

To her relief, the answer was "great." "Adam loves her," Deborah reports. The fifty-year-old Catherine. "He runs to the door each morning to give 'Cat' a hug. You don't fake that."

Now, from nine until five on weekdays, while Deborah pursues her B.A. in communications, and Ed works in nearby Metairie, Catherine entertains the children, listening to sing-along tapes, reading Dr. Seuss, or tossing a baseball to Adam while Emily watches. The Onnebanes pay Catherine $300 a week—three times what it cost to send Adam to Enchanted World—but they spend the money gladly. "It's so worth it," Deborah says, with a smile. "My kids are with someone I trust."

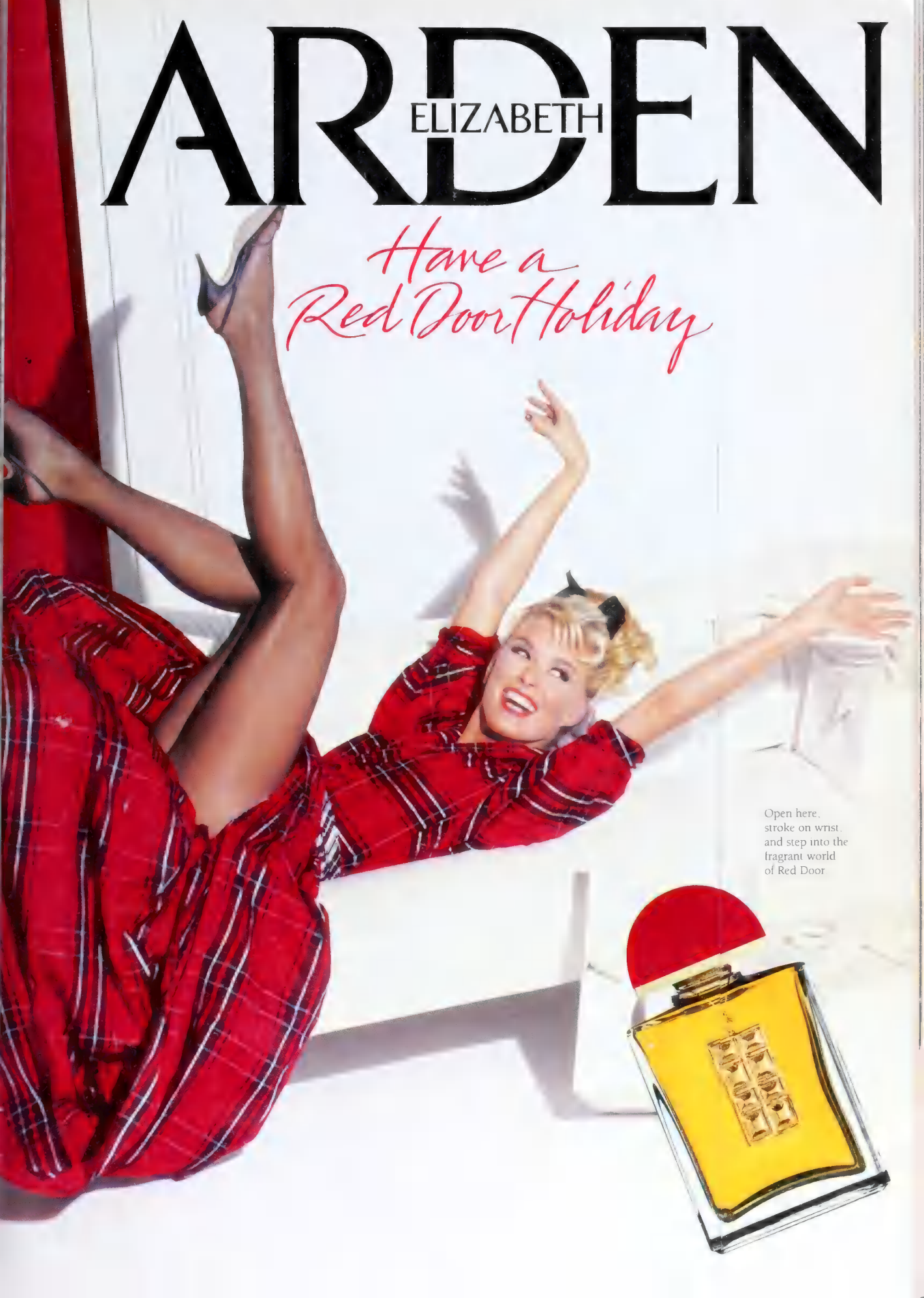
Jan Ralston: a change of heart

In May 1991, Sally Jessy Raphaël presented, back-to-back, two of her most controversial programs ever. The woman linking the two shows was Jan Ralston, a homemaker and mother of four from Stone Mountain, Georgia.

Jan's story was shocking: She told a heated, often jeering, audience that her husband, Gary, and their family were members of the Southern White Knights of the Ku Klux Klan, one of the KKK's most extreme and militant branches. The Ralstons had joined the Klan two years earlier, shortly after Gary *(continued)*

ELIZABETH ARDEN

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ɛ story behind the story

tinued

t his job and their daughter, Shannon, n sixteen, was harassed at school for using to date a boy who was black.

n its way, the next day's show was n more extraordinary. Here was Jan in, this time announcing that she and family were quitting the Klan. The t show, in which she had chastised eral members of the audience (indeed, words reduced one woman to tears), l overwhelmed her emotionally, she plained. She and her husband had yed about it afterward and agreed that onging to the Klan just wasn't right. od spoke to me," Jan said. "But, Jan, it 't that easy," Sally protested, doubtless oing the thoughts of many viewers. isn't that somebody hears ɛ voice or s enlightenment. You know, that uld be nice to think that way, but it sn't happen." Yet Jan insisted it had.

Time seems to have proved her right. e Ralstons have severed their ties with Klan for good, and they bear the rs to prove it.

nitially, the Ralstons hoped that even ugh they were quitting the Klan, ev- one could still remain friends. "The an was like family to us," Jan recalls. 'e did everything together." As it ned out, nothing could have been further from the truth.

Over the past seventeen months, the family has received dozens of threatening phone calls, usually late at night. The windows at Gary's new radiator business have been shot out twice. The Ralstons' house has also been shot at, and the lining of their backyard swimming pool has been slashed. The family's eight-year-old German shepherd has been poisoned. "Sometimes I worry that one of us will just turn up dead," says Jan.

Although the past year has been harrowing for the Ralstons, it has also been wonderful. For example, the family has been deluged with mail—and repeatedly stopped on the street—by *Sally* viewers who wish them well. Most of the people, Jan reports proudly, are African-Americans and Hispanics, who praise them for having the courage to change their views.

During their tenure with the group, Jan and Gary fought bitterly with their son Allan, twenty-three, and ultimately disowned him because he is gay ("We considered him dead," Jan says). They had forsaken their friends, who refused to condone the Klan. And they forbade their kids to bring anybody who wasn't white to the house

All of that is different now. Their old friends are back in touch, and their children's friends, many of whom are Cambodian or African-American, have started coming around again. Most important, Allan returned to the fold. "Leaving the Klan has brought us all together," Jan says. "We are a real family now."

The Ralstons, hoping for ɛ book or movie deal, have sold the rights to their story to Multimedia Motion Pictures. Jan says the money will help her family afford to move away from Stone Mountain to someplace more beautiful and, especially, safer.

In the meantime, Jan continues to speak out against the Klan on TV and radio, and she lectures at high schools about the dangers of hate groups like the skinheads. She does not get paid for her appearances. If listeners convey her message to their families, she says, then that is recompense enough. "Hate and racism begin at home, and they should end at home," Jan explains. "I'm proof of that."

Kathy Willets: a scarlet letter

The tabloids called her "Leggy Sex Machine," "Naughty Nympho" and "Kinky Kathy." A self-proclaimed sex addict and a *Playboy* pinup, she had intercourse with over one hundred men while her husband looked on from a bedroom closet. A year after huskily informing *A Current Affair* reporter Steve Dunleavy that if he touched her, "I would get sexually attracted to you," Kathy Willets is *(continued)*

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e story behind the story

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ng a price for her candor. She is a victed felon, estranged from her chil-, struggling to find a job and trying reak free of the husband who beat The last twelve months, she says, e been a living hell."

athy's life began to unravel last De-ber, when she and her husband, Jeffrey, eriff's deputy in Broward County, ida, pleaded guilty to thirty-five crim- counts of pimping, prostitution and al wiretapping. To the press, Willets portrayed herself as a woman whose tiable sexual appetite drove her to with eight men a day. Her husband claimed he was impotent and needed atch. In the end, Florida authorities 't buy the Willetses' defense. Jeffrey sentenced to fifteen months in jail five years probation, and Kathy got e years of probation and four hundred rs of community service. (Sniped one l paper: "The mind reels at the chal-e of finding a public service appropri-o her talents.")

he publicity has severed her ties with sons from a previous marriage, aged ve and fourteen, who live out of state their father. They do not speak to hy anymore. "My sons are at an awk-d age. Frankly, they're a little bit em-barrassed about all this," Kathy says, sounding a little embarrassed herself. Then there is Jeff's daughter, Ashley, age eight, whom Kathy adopted when they got married. Kathy doesn't see or talk to her anymore either; she lost custody of Ashley, who is being raised by her maternal grandparents because of the scandal. "I cry about my children every day," Kathy says. "The worst part of all this has been losing my kids. I can always get another job."

Not necessarily, though. "I look every day," she says. "But because of my notoriety, no one's offering." Kathy had worked for a decade as an office assistant at several local brokerage firms before she met Jeff. After she was married, her husband urged her to become a nude dancer in order to earn more money. Eventually, on her own initiative (but with her husband's blessing), Kathy became a prostitute. She would like to return to work at a brokerage firm, which she calls, "an ideal job that I loved." But that's impossible. "You can't handle securities when you've got a felony [conviction]."

Indeed, Kathy is such a sensation, finding even volunteer work is a struggle. Today, she packages, boxes and ships food to the needy on behalf of a local charity to fulfill the community-service portion of her sentence—but it took months to get that job. No government agency wanted to accept her as a volunteer. Explains Starr Barbaro, Kathy's probation officer, "The agencies don't like all the cameras and the phone calls. They don't want to deal with it."

As if losing her kids and not finding work hasn't been tough enough, Kathy's marriage has also fallen apart. In September, Jeffrey Willets, out early on good behavior, was quickly jailed again. The charge, which he did not contest: He had violated his parole by assaulting Kathy. "I guess I should have listened to my instincts about Jeff all along," says Kathy, adding that he has hurt her before. "She is a battered spouse," confirms Miami attorney Sheldon Schwartz, who used to represent the Willetses. "I feel bad for Kathy. She was never a stripper or a prostitute until she met Jeffrey."

Under court order, Kathy and Jeff can contact each other only through their attorneys; she says she intends to file for divorce. And there is more: Kathy says she has fallen in love with a former client. None of this makes putting the past behind her any easier, though. "Things are a mess," she says simply. "This year has been tough." ■

Leslie Vreeland, a free-lance writer in New York City, writes frequently for LHJ.

THE TWELVE STARS OF CHRISTMAS

THIS YEAR, SANTA TEAMS UP WITH HOLLYWOOD TO BRING US SOME OF THE BEST MOVIES OF THE YEAR. LHJ LOOKS AT A DOZEN OF THIS SEASON'S MOST PROMINENT PLAYERS. BY MELANIE BERGER

WHITNEY HOUSTON, The Bodyguard

Twenty-nine-year-old Whitney Houston has sold more than forty million albums and released seven consecutive number-one singles—more than any other recording artist in history. So what does she do for an encore?



"This year?" she asks with a laugh, sitting in her plush Beverly Hills hotel suite. "Make a movie with Kevin Costner, marry a wonderful guy, and get ready to have our baby. Then I'm going to take a nice, long rest.

"I consider myself blessed to have found a supportive mate and friend-for-life," says Whitney about her new husband, pop idol Bobby Brown. Their baby is due this spring, at which point, the singer acknowledges, "I'll have to slow down."

Before she does, however, she'll star in *The Bodyguard* (out November 25), playing a glamorous actress/singer who hires a former Secret Service agent (Costner) for protection. The two end up doing undercover work of a different kind, leading to what Whitney describes as "fairly hot" encounters. "The funny thing is," she says, "making movies hadn't been on my agenda. But Kevin convinced me there was something fresh and natural I could bring to the screen. So, if I fall on my fresh and natural face, everyone knows who to blame!"

—JEFF ROVIN



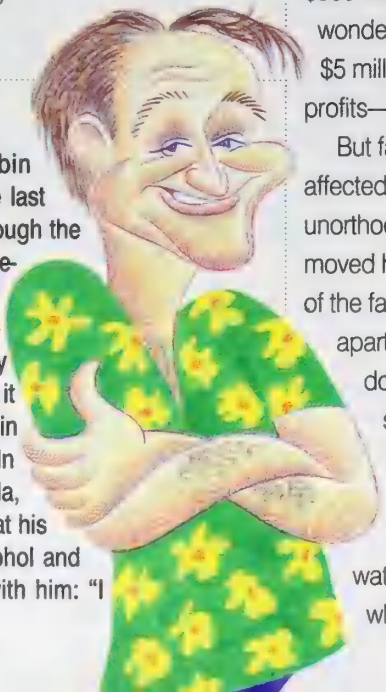
MACAULAY CULKIN, Home Alone 2: Lost in New York

Two years ago, Americans got their first little Mack attack when Macaulay Culkin stole their hearts in the box-office smash *Home Alone*. Well, Mack is back, in (what else?) *Home Alone 2* (out November 20). Since the first film has grossed more than $500 million worldwide, it's no wonder Macaulay, twelve, earned $5 million—plus a share of the profits—to star in the sequel.

But fame doesn't seem to have affected Mack very much—his unorthodox parents only recently moved him and his six siblings out of the family's two-bedroom apartment in New York. Still, he does occasionally show signs of his superstar status. "I have my own TV and cable in my room," he recently reported. "I watch TV all day." But only when he's home alone.

ROBIN WILLIAMS, Toys

Movie audiences have been talking about *Toys*, Robin Williams's new film (due out December 18), ever since last fall, when they saw his one-man trailer in theaters. Although the clip doesn't tell you very much about the film, it's definitely *all* Robin: honest, funny and more than a little wacky. All of which might also describe the movie itself, the tale of a whimsical toymaker (Williams) trying to save his late father's toy factory from his Grinchlike uncle. If Williams seems made for the part, it might be because of some of the sympathetic roles he's played in the past—most recently, Peter Pan, in Steven Spielberg's *Hook*. In fact, as the father of three young children (Zachary, nine, Zelda, three, and Cody, one), Williams is probably *surrounded* by toys at his home in Los Angeles. Now forty and well past his days of alcohol and cocaine abuse, Robin happily admits that family life agrees with him: "I think I had my mid-life crisis at around twenty-seven."



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JACK NICHOLSON, A Few Good Men, Hoffa



Two years after longtime love Anjelica Huston left Nicholson upon learning that he was going to have a child with actress Rebecca Broussard, Broussard has reportedly left him, too. Maybe the twenty-eight-year-old mother of their daughter, Lorraine, two, and infant son, Raymond, couldn't handle Jack's notorious womanizing. Or did the unconventional nature of the relationship (the couple never shared a home) end their affair? "It's an unusual arrangement," Nicholson has admitted, "but I'm totally unashamed of my way of living."

It's just that kind of stubborn nonconformity that has made Nicholson one of the most admired actors of his time. This month, he stars in two films that promise to be big winners at the box office: *A Few Good Men* (due out December 11), co-starring Tom Cruise and Demi Moore, and *Hoffa*, about the ex-Teamsters leader, directed by co-star Danny De Vito. Filming was grueling, but the fifty-five-year-old veteran says, "I tried to think of any movie I ever made that was easy, and I couldn't. Every one was brutal."



TOM CRUISE, A Few Good Men

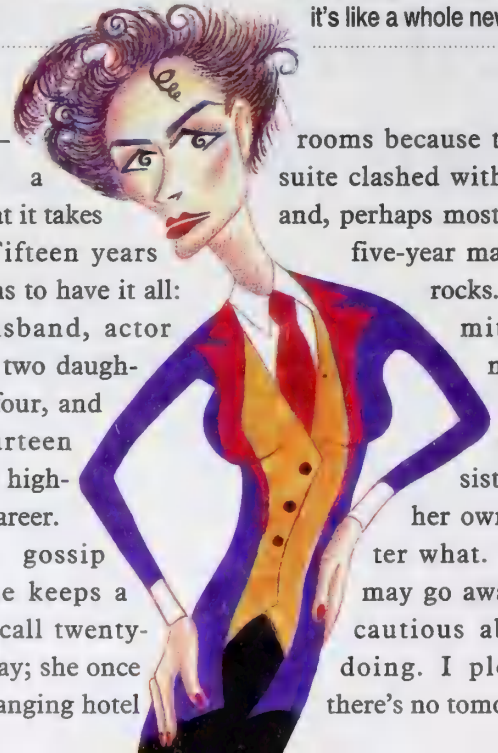
When director Rob Reiner was looking for one really good man to star in his new film, *A Few Good Men*, Tom Cruise was at the top of his list. Cruise was reportedly paid about $12 million to play Lieutenant Daniel Kaffee, a hotshot young Navy lawyer assigned to defend two Marines in what seems like a routine case. As the investigation unfolds, however, Kaffee realizes that the truth is much more complicated—and he's suddenly forced to grapple with some demons of his own.

If all that sounds like pretty heavy stuff, Cruise is more than up to the challenge. An actor who likes to stretch beyond his hunky image to take on serious roles, he was nominated for an Oscar in 1990 for his work in *Born on the Fourth of July*.

Tom's personal life is pretty solid, too. His first marriage, to actress Mimi Rogers, ended in divorce in 1990, but only a few months later he wed actress Nicole Kidman—his co-star in *Days of Thunder* and *Far and Away*. Two years later, the couple still act like newlyweds. As Nicole says, "We'll be on our honeymoon the rest of our lives."

"I always put my career ahead of everything," said the thirty-year-old actor recently. "Now, it's like a whole new life opened up."

DEMI MOORE, A Few Good Men



Thirty-year-old Demi Moore stars as one good woman (indeed, the *only* woman) in *A Few Good Men*. Although it meant having to hold her own against the big boys (Cruise and Nicholson), taking risks is hardly new for Demi. This is the woman, after all, who twice posed nude for the cover of *Vanity Fair* magazine—once while she was eight months pregnant.

That's Demi for you: outspoken, unself-conscious, utterly brazen. The child of teenage, alcoholic parents, Demi—who left home at fifteen—learned at a young age what it takes to survive. Fifteen years later, she seems to have it all: a famous husband, actor Bruce Willis; two daughters, Rumer, four, and Scout, fourteen months; and a highly successful career.

Still, the gossip abounds: She keeps a masseuse on call twenty-four hours a day; she once insisted on changing hotel rooms because the color of her suite clashed with her wardrobe; and, perhaps most disturbing, her five-year marriage is on the rocks. Even Demi admits that her life might not stay the same forever—but she insists on playing by her own rules, no matter what. "What I've got may go away. But I'm not cautious about what I'm doing. I plow ahead like there's no tomorrow."



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KEVIN COSTNER, The Bodyguard

He's been compared to everyone from Gary Cooper to Jimmy Stewart, but nowadays, Kevin Costner stands in a class by himself; in fact, young up-and-comers are being compared to *him*. Now he stars in *The Bodyguard*, about a security expert who falls in love with his client (played by Whitney Houston). Costner is pleased with his success, but he insists he doesn't care what others in the business think of him. "What I care about is what my parents, my wife and my friends think of me. I'm not immune to the perks of celebrity; I just don't have a lot of time for them." Nevertheless, this self-described family man, who lives in a modest house with his wife, Cindy, and their three children (Annie, six, Lilly, four, and Joe, three), has had to deal with his share of tabloid rumors—most of them suggesting that Costner has obliged more than a few of the beautiful women who constantly throw themselves at his feet. For his part, the thirty-seven-year-old actor denies everything. "Maybe I'd think about these things differently if I didn't have a family," he's said. "My wife and I have had to learn, after sixteen years, how to handle this new situation. [But] if I can hold my marriage together throughout my career, that will be an accomplishment."







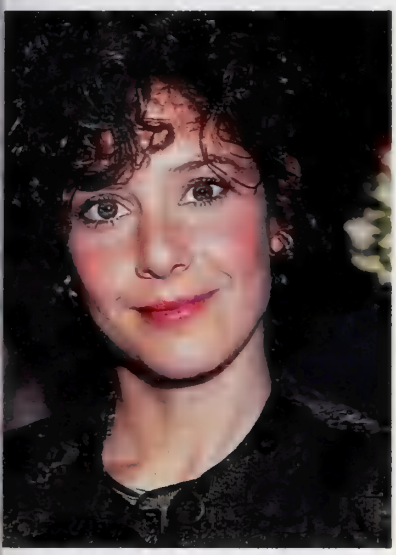
JAMIE LEE CURTIS, Forever Young

Jamie Lee Curtis, who co-stars with Mel Gibson in this month's *Forever Young* (due out December 18), has acting in her blood. But as the daugh of movie idols Janet Leigh and Tony Curtis, she learned the high price of fame at a young age. By the time she was eighteen, Jamie Lee was using drugs—sometimes with her father. "Tony [as she has always called him] had alienated everyone in the family with drug abuse," she remembered recently. "I was the only person who could understand him, because I was also doing [it]." In 1983, however, at the age of twenty-four, Jamie Lee decided to quit the wild life and stak out her own successful acting career.

One year later, she met and marrie fellow actor Christopher Guest. Ther in 1988, Jamie Lee, who got her start in low-budget horror films, showed c her gift for comedy in *A Fish Called Wanda*, opposite John Cleese. Next came TV's *Anything but Love*, and suddenly Jamie's career took off. Nov balancing work and motherhood (he adopted daughter, Annie, turns six this month), Curtis, thirty-four, says she has finally found peace. "I used to be wildly, chronically insecure," said the actress recently. "But [now] I have come of age."

EBRA WINGER, ap of Faith

he's one of the most controversial actresses in Hollywood, but that doesn't seem to bother Debra Winger, who lives life way, no matter what the consences. Although her early films *Officer and a Gentleman*, *Terms Endearment*) made Winger one he leading ladies of her time, the rty-seven-year-old actress's atile temper and a few poor permances at the box office (*Black low*, *The Sheltering Sky*) have her career in jeopardy. So one n't help wondering whether this nth's *Leap of Faith* (due out Dember 18) will be the movie that ngs Winger back from the brink.



e film focuses on a fake evange- (Steve Martin) who suddenly rforms a real miracle; Winger ys his partner in crime.

Briefly married to actor Timothy tton (the couple have a five-year- son, Noah) and frequently linked Nebraska Senator Bob Kerrey, nger today remains unattached. d after many years of heavy drink- and drug use, Winger insists that e has cleaned up her act. "I just n't have room for it anymore," she s said. "The payment is too great."



IF THIS IS ALL YOU THINK ABOUT VOLVOS, YOU'VE GOT ANOTHER THINK COMING.

THE NEW VOLVO 850 GLT

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ANTHONY HOPKINS, Bram Stoker's Dracula

When he agreed to play Dr. Hannibal "the Cannibal" Lecter in *The Silence of the Lambs* two years ago, Anthony Hopkins couldn't have known it was the role that would change his life. But after the part garnered him an Oscar for best actor, Hopkins, fifty-five, became one of the most bankable stars in Hollywood. Now, after a gentlemanly turn in last summer's quiet hit, *Howards End*, Hopkins is once again starring in a controversial film filled with blood, sex and violence—as an obsessed vampire hunter in *Bram Stoker's Dracula* (out November 13). The sudden stardom is quite a change for Hopkins, who grew up in the same Welsh town as Richard Burton and learned his craft on the stage. Stints at London's Royal Academy of Dramatic Art and the National Theatre Company established Hopkins as one of Britain's most promising young actors. Then, however, problems began. Like many of his mentors (Burton, Peter O'Toole, Richard Harris), Hopkins started drinking. He also had a reckless temper, and in 1969, he left his first wife and their fourteen-month-old daughter. "I thought it was clever to drink people under the table," Hopkins recalled recently. "But I wasn't happy." Four years later, he quit the theater and set out for Hollywood. On the urgings of his second wife, Jenni, he joined a support group for alcoholics. Now Hopkins is calmer, sober and, at last, truly content.





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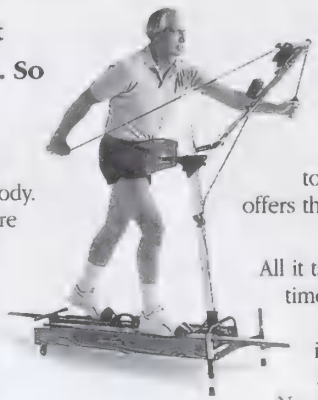
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JESSICA TANDY, Used People

It took her nearly fifty years, but Jessica Tandy has finally become a movie star. *Why* it took so long for the beautiful and talented actress to strike it big in Hollywood is anyone's guess—but no one denies that after her 1989 Academy Award–winning performance in *Driving Miss Daisy*, Tandy finally made the leap from stage to screen stardom. This month, after a two-year fight with ovarian cancer, the eighty-three-year-old actress stars opposite Shirley MacLaine, Kathy Bates and Marcello Mastroianni in *Used People*, a romance described as a cross between *Moonstruck* and *Terms of Endearment*.

Married for fifty years to fellow actor and frequent co-star Hume Cronyn, British-born Tandy broke onto the American scene in 1947, creating the role that would make her a legend on Broadway: Blanche DuBois, in Tennessee Williams's *A Streetcar Named Desire*. But when her co-star, Marlon Brando, went on to make the screen version of the play, Tandy lost her role to Vivien Leigh—and for a long time, it looked like Jessica would never get her shot. Now, however, after roles in such popular films as *Cocoon*, *Fried Green Tomatoes* and, of course, *Daisy*, Tandy has proved that it's never too late to become a star.

ERMIT, The Muppet ristmas Carol

n't easy being green, but Kermit Frog hasn't been wasting his e singing the blues. This month, stars in his fourth feature-length n, *The Muppet Christmas Carol* e out December 11), opposite his gtime co-star and sometime e, Miss Piggy. Kermit plays Bob tchit, with Michael Caine as oge, Gonzo the Great as Charles kens and Rizzo the Rat as him-. Based on the Dickens classic, movie promises to stay faithful the original story—with just a le of the usual Muppet merri-nt thrown in.

Kermit—who, like other baby omers, suddenly finds himself



shing forty—is still coping with the th of his mentor and alter ego, Jim nson. It was Henson, after all, who e him his big break on *Sesame Street* enty-three years ago, and many in industry wondered whether Amer-'s most amusing amphibian would able to carry on alone. They edn't have worried—this is one frog o definitely has legs. ■

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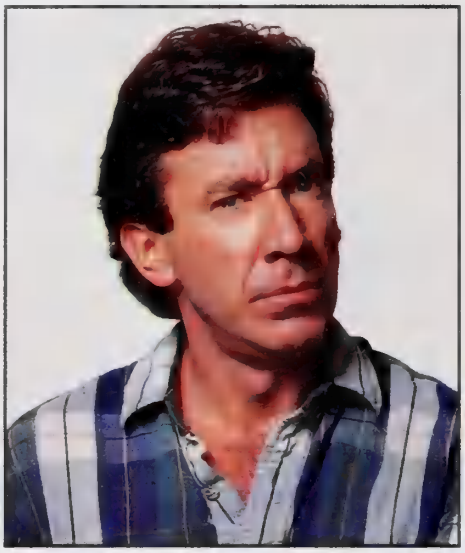
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Tim Allen's Merry Christmas

Funnyman Tim Allen is all smiles this yuletide: Not only is his hit show, Home Improvement, going strong, but after surviving prison, he's living a life he never dreamed possible







BY JEFF ROVIN

This Christmas, if Tim Allen doesn't get a gift-wrapped set of wrenches or a chain saw with a pretty blue bow, he'll be the last person to complain. For the past year, he's felt as though his life has been an unending holiday. Fame, money and a top-ten series have been added to what he considers his most precious gifts—a loving wife, Laura, and a beautiful three-year-old daughter, Kady, who today doesn't feel like talking to him when she wanders into his dressing room.

"So much for being Mr. Hollywood Can-I-Have-Your-Autograph-Please Big Shot," Allen grumbles as Kady leaves to play with co-star Pat Richardson's kids. He shouts after her, "Let's see if Daddy gives you a spin-off show for Christmas."

Despite the snub—and it should be pointed out that Kady is the only female on the lot who doesn't give Allen a great big smile—the comedian feels his life is just about perfect.

"In a way, it's been kind of like *It's A Wonderful Life*," Allen says, biting into a bagel on the Disney Studios soundstage where *Home Improvement* is taped. "I saw a little bit of the bad side of life, but now everything's okay. In fact, the only thing that could make it any better is if I hadn't picked up a bagel with poppy seeds. They'll be stuck in my teeth all day."

Later, in his dressing room, where he says he has a catered lunch waiting (translation: His publicist has brought over fast-food hamburgers and fries), Allen elaborates on his checkered past—the drug-dealing that nearly ruined his life, the nearly two years he spent behind bars, and, then, miraculously, a career that has gone "from lean to green."

Allen was raised in Birmingham, Michigan, a Detroit suburb, with his five brothers and one sister ("Darn her," he says. "We were that close to being the hunky guys from *Seven Brides for Seven Brothers*"). His father was *(continued)*



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Tim Allen

continued

killed by a drunk driver when Allen was eleven, and he says, "Everyone pulled together to help each other out. We had a 'support system' without knowing what the heck one was." (His mother eventually remarried, and Tim gained two more siblings: another brother and a sister.)

"In retrospect, I realize [those years] taught me that life often takes you to new and often unexpected areas, and these can cause a lot of conflict and challenge. But I learned that however these affect you, you can't run from them: Problems have legs, too, and they have a habit of running in the same direction as you."

One of those problems was that, like most teenagers, Allen never seemed to have enough money, and when he got to Western Michigan University, in Kalamazoo, he says, "A friend and I did a really stupid thing": They started dealing small amounts of drugs—and increased their business when they graduated in 1976. Two years later, Allen was busted in the middle of a $43,000 cocaine deal.

Faced with a possible life sentence unless he helped police nab other drug dealers, Allen reluctantly cooperated; twenty-one others were arrested, and he was sentenced to five years in prison; he was released after twenty months. "It wasn't exactly a day at the beach," he says, "but it wasn't as bad as it could have been either."

Allen doesn't apologize for his past, though he isn't particularly thrilled when it's brought up. He says the only reason he went public at all was because he learned that the tabloids had found out and were ready to run the story. "I trusted the American people to understand what had happened: that I'd been a stupid kid, had learned my lesson and had gotten my life on the right track."

In fact, as bleak as those months were, they were far from futile. Allen used the time to think about why he had gone so wrong, and how he could save what was best in himself. Determined to remake his life, he grew even closer to his family and to his college sweetheart, Laura Deibel. In 1984, three years after his release from prison, he married her.

Finding his funny bone

It was during this period that Allen also discovered another love: stand-up comedy. While he awaited sentencing, a friend dared him to go onstage at a club. "I was always making wisecracks; the world seemed upside down and kind of crazy to me then—it still does—so I figured, 'Why not put the two together?' " Allen thought up a short act and got behind the microphone. "At first," he says, "I was just trying to keep my own spirits up then I found out I could make other ple laugh, and I thought, Hey—th cool. I like this.

"What made me decide to stick wi was when I went to see one of Ric Pryor's concert films. He made me l so hard that I felt ill. That's a wond thing to do to someone, make t laugh until everything bad is wa away and they feel refreshed. I want do that to people, which meant I h be as honest and as real as I could. A had to be something else," he s scratching his head. "Oh, yeah—fun had to be funny."

When he was released from pri Allen supported himself by working salesclerk and as an advertising cre director. All that time, however, he developing a comedy routine base his jail experiences.

"I was glad I had comedy to turn he says, "because I didn't want to be bitter or angry. That's an important of making it once you've done your moving ahead in a positive way. P showed me I had some steel inside the trick was putting that to use."

But success didn't come overnig took twelve years of playing bars, c conventions, "and I think I once dic brary. Reference section, not even p lar fiction."

It wasn't until Allen hit on male b ing and men's relationship with that he found his comedy niche. The came to him one day in 1984 whe act was fizzling bigtime in front group of salesmen: "As I was dyin there, I was thinking, Tim—what need is something these guys can to, and I thought tires . . . cars . . . *t* love cars, and I figured these guys love them, too. So I just started na tools, and as I did that, I growled lik brothers and I used to do when w around the dinner table waiting t The salesmen laughed because the derstood how simple men's needs are, and it all came together."

Men weren't his only fans thoug fact, women loved Allen's routine, la because his machismo was so overs that he bordered on self-parody. I act, he moved from tools to other t that "men do differently than wo like watching TV—women are looki connect, for relationships and story. are just looking for explosions, car es, fire and breasts. Instant thrills."

From stand-up to sitcom

Three years ago, Walt Disney Stu CEO Michael Eisner caught Allen and invited him to create a sitcom f ing his grunting tool man. "That big move," Allen says, "and I don't just the money, but the commitmer been doing stand-up for all these

d finally reached the stage where I work on weekends and spend the the time with my wife and daughut I loved that character, and I d to see what it would be like to put n a family situation. I did the pilot le, not really sure I wanted this f life. Then," he shrugs, "the series nd it was too late."

n scarier than the time commit- Allen says, was the fact that he'd o become an actor. "I was very ner- he admits. "Before *Home Improve*he sum total of my acting experience pearing in the background in a Mr. wrench commercial. On the other the funny stuff comes very naturally so I can do things—like a gesture expression—that the others might ink of to get a laugh."

Allen has adjusted to life on the set scribes his relationship with Patricia dson, who plays his feisty wife, Jill, ery special one." He admits, though, n real life they keep at arm's length y won't get too familiar with one r and burn out. Pat says: "Neither us wants to risk blowing the chemve have, and the worst thing that happen to us is that we start hating ther for some reason."

h emphatically deny tabloid reports ift. Allen says, "We have disagree- sometimes about men-and-women —about men having this harder or n having that harder—but the cast gets into those, and it never ally heavy."

t disagrees: "There *was* one time me close to getting into an argu- and it was over tasks men do each s opposed to jobs women do. Tim aying how strenuous it is mowing wn and washing the car, and I was What are you *talking* about?' Those o things that don't mean a whole the entire family, and besides, don't have to be done every day. So he trotted out changing spark and fuses and other things that do once every century, and I point- t that every *day* a woman has to do ooking and the laundry and the ing. After I finished, I was all and he just sat there and said, t tell my wife this. She hasn't come th all of that yet.' ")

ppy ending

te the occasional difficulty of his craft and the twelve- and thirteen- days he's had to put in, Allen says ife hasn't exactly been cruel since *Improvement* premiered in the fall 91. He and his family are happy in homes in Southern California and verly Hills, Michigan ("No, I didn't that," Allen says). He has a lot of oing the show, and he really enjoys ng with the *(continued on page 50)*



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Tim Allen

continued from page 47

kinds of tools he uses on the show's fictitious series, *Tool Time*. In fact, he says his greatest thrill has been having the real-life inspiration for Tim Tyler, Bob Vila, star of the syndicated *Home Again* series, come to his Michigan home to help with some real-life home improvements. "You can't imagine how cool that was," Allen crows. "The workmen's jaws dropped all the way to the wet concrete when they saw who I was with."

Yet his own fame has not gone to Allen's head, and he says the reason for that is simple. "I spent a lot of years coming up through the ranks, and that let me get my priorities straight. Michael Caine once said that he was glad he didn't make it until he was thirty-nine, which is how old I am. He already had his friends, his family and his social structure, so none of that changed when he became famous.

"The only thing that gave me a little problem was when some of my friends became more popular because they know me. It was hard for them not to like it when people would ask them to ask me to stop by their store or office, sign a few autographs, shake a few hands. They didn't see how that made me feel like a piece of meat, and I had to point it out to them. Then," he adds, deadpan, "I had them all killed."

There is one other drawback to his success, Allen admits: In his occasional stand-up appearances, he's had to forgo raunchy routines in favor of more mainstream fare. "Families come to see me now, so I've had to tone down my act. The problem is, so much of my humor is spontaneous, and you lose that when you have to think, I can't do this, can't say that—oops, better not tell that joke . . . It doesn't have the same rock 'n' roll feeling that it used to, and I miss that."

But these disappointments are minor. And though Allen knows he'll tire of the show sooner rather than later (he says that the thought of six or seven years of it is "like thinking about marathon running—it makes me hurt in sensitive places"), for now he's one macho man who's more than content. "I have a great home life," he says, "and I like and am learning from the people I work with every day. Any man—or woman—who has that has a lot to be thankful for." ■

Jeff Rovin, a contributing editor to the Journal, writes frequently about celebrities.

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Estrogens have several important uses but also some risks. You must decide, with your doctor, whether the risks of estrogens are acceptable in view of their benefits. If you decide to start taking estrogens, check with your doctor to make sure you are using the lowest possible effective dose. The length of treatment with estrogens will depend upon the reason for use. This should also be discussed with your doctor.

USES OF ESTROGEN

To reduce menopausal symptoms. Estrogens are hormones produced by the ovaries. The decrease in the amount of estrogen that occurs in all women, usually between ages 45 and 55, [illegible] the menopause. Sometimes the ovaries are removed by an operation, causing "surgical menopause." When the amount of estrogen begins to decrease, some women develop very uncomfortable symptoms, such as feelings of warmth in the face, neck, and chest or sudden intense episodes of heat and sweating ("hot flashes"). The use of drugs containing estrogens can help the body adjust to lower estrogen levels.

Most women have none or only mild menopausal symptoms and do not need estrogens. Other women may need estrogens for a few months while their bodies adjust to lower estrogen levels. The majority of women do not need estrogen replacement for longer than six months for these symptoms.

To prevent brittle bones. After age 40, and especially after menopause, some women develop osteoporosis. This is a thinning of the bones that makes them weaker and more likely to break, often leading to fractures of vertebrae, hip, and wrist bones. Taking estrogens after the menopause slows down bone loss and may prevent bones from breaking. Eating foods that are high in calcium (such as milk products) or taking calcium supplements (1,000 to 1,500 milligrams per day) and certain types of exercise may also help prevent osteoporosis.

Since estrogen use is associated with some risk, its use in the prevention of osteoporosis should be confined to women who appear to be susceptible to this condition. The following characteristics are often present in women who are likely to develop osteoporosis: white race, thinness, and cigarette smoking.

Women who had their menopause by the surgical removal of their ovaries at a relatively young age are good candidates for estrogen replacement therapy to prevent osteoporosis.

To treat certain types of abnormal uterine bleeding due to hormonal imbalance.

To treat atrophic vaginitis (itching, burning, dryness in or around the vagina) *and atrophic urethritis* (which may cause difficulty or burning on urination).

To treat certain cancers.

WHEN ESTROGENS SHOULD NOT BE USED

Estrogens should not be used:

During pregnancy. Although the possibility is fairly small, there is a greater risk of having a child born with a birth defect if you take estrogens during pregnancy. A male child may have an increased risk of developing abnormalities of the urinary system and sex organs. A female child may have an increased risk of developing cancer of the vagina or cervix in her teens or twenties. Estrogen is not effective in preventing miscarriage (abortion).

If you are breast feeding. Many drugs are excreted in human milk and can be passed on to your baby. Therefore, estrogen therapy should be used only when your doctor decides it is clearly necessary.

If you have had any heart or circulation problems. Estrogen therapy should be used only after consultation with your physician and only in recommended doses. Patients with a tendency for abnormal blood clotting should avoid estrogen use. This includes patients who currently have clots in the leg (thrombophlebitis), or any other part of the body (thromboembolic disorder). (See below.)

If you have had undiagnosed vaginal bleeding. If you have ever had abnormal bleeding from the vagina estrogens should not be used unless you have talked to your physician about this problem.

If you have had cancer. Since estrogens increase the risk of certain cancers, you should not take estrogens if you have ever had cancer of the breast or uterus. In certain situations, your doctor may choose to use estrogen in the treatment of breast cancer.

When they are ineffective. Sometimes women experience nervous symptoms or depression during menopause. There is no evidence that estrogens are effective for such symptoms. You may have heard that taking estrogens for long periods (years) after menopause will keep your skin soft and supple and keep you feeling young. There is no evidence that this is so and such long-term treatment may carry serious risks.

DANGERS OF [illegible]

Cancer of the uterus. The risk of cancer of the uterus increases the longer estrogens are used and when higher doses are taken. One study showed that when estrogens are discontinued, this increased risk of cancer [illegible] to fall off quickly. In another study, the persistence of risk was demonstrated for 10 years after stopping estrogen treatment. Because of this risk, *it is important to take the lowest effective dose of estrogen and to take it only as long as you need it.* There is a higher risk of cancer of the uterus if you are overweight, diabetic, or have high blood pressure.

If you have had your uterus removed (total hysterectomy), there is no danger of developing cancer of the uterus. If you have your uterus, please refer to the section titled **"OTHER INFORMATION."**

Cancer of the breast. The majority of studies have shown no association with the usual doses used for estrogen replacement therapy and breast cancer. Some studies have suggested a possible increased incidence of breast cancer in those women taking estrogens for prolonged periods of time and especially at higher doses are used.

Regular breast examinations by a health professional and self-examination are recommended for women receiving estrogen therapy, as they are for all women.

Gallbladder disease. Women who use estrogens after menopause are more likely to develop gallbladder disease needing surgery than women who do not use estrogens.

Abnormal blood clotting. Taking estrogens may increase the risk of blood clots. These clots can cause a stroke, heart attack or pulmonary embolus, any of which may be fatal.

Heart disease. Large doses of estrogen in men have been shown to increase the risk of certain heart diseases. This may not necessarily be true in women. In order to avoid the theoretical risk of high doses, the dose of estrogen you take should not exceed the dose recommended by your doctor.

Excess calcium in the blood. Taking estrogens may lead to severe hypercalcemia in women with breast and/or bone cancer.

SIDE EFFECTS

In addition to the risks listed above, the following side effects have been reported with estrogen use:

- Nausea, vomiting; pain, cramps, swelling, or tenderness in the abdomen.
- Yellowing of the skin and/or whites of the eyes.
- Breast tenderness or enlargement.
- Enlargement of benign tumors of the uterus.
- Breakthrough bleeding or spotting.
- Change in amount of cervical secretion.
- Vaginal yeast infections.
- Retention of excess fluid. This may make some conditions worsen, such as asthma, epilepsy, migraine, heart disease, or kidney disease.
- A spotty darkening of the skin, particularly on the face; reddening of the skin; skin rashes.
- Worsening of porphyria.
- Headache, migraines, dizziness, faintness, or changes in vision (including intolerance to contact lenses).
- Mental depression.
- Involuntary muscle spasms.
- Hair loss or abnormal hairiness.
- Increase or decrease in weight.
- Changes in sex drive.
- Possible changes in blood sugar.

REDUCING RISK OF ESTROGEN USE

If you decide to take estrogens, you can reduce your risks by carefully monitoring your treatment.

See your doctor regularly. While you are taking estrogens, it is important that you visit your doctor at least once a year for a physical examination. Special attention should be given to blood pressure, breasts, abdomen, and pelvic organs. A Pap smear should be taken and tested at this visit. If members of your family have had breast cancer or if you have ever had breast nodules or an abnormal mammogram (breast x-ray), you may need to have more frequent breast examinations. Also be sure to let your doctor know if you have ever had liver or kidney disease, as this may affect the decision to use estrogen.

Reevaluate your need for estrogens. You and your doctor should reevaluate your need for estrogens at least every six months.

Be alert for signs of trouble. Report these or any other unusual side effects to your doctor immediately:

- Abnormal bleeding from the vagina.
- Pains in the calves or chest, a sudden shortness of breath or coughing blood (indicating possible clots in the legs, heart, or lungs).
- Severe headache, dizziness, faintness, or changes in vision, indicating possible clots in the brain or eye.
- Breast lumps.
- Yellowing of the skin and/or whites of the eyes.
- Pain, swelling, or tenderness in the abdomen.

OTHER INFORMATION

Some physicians may choose to prescribe another hormonal drug to be used in association with estrogen treatment for women with a uterus. These drugs, progestins, have been reported to lower the frequency of occurrence of a possible precancerous condition of the uterine lining. Whether this will provide protection from uterine cancer has not been clearly established. There are possible additional risks that may be associated with the inclusion of a progestin in estrogen treatment. The possible risks include unfavorable effects on blood fats and sugars. The choice of progestin and its dosage may be important in minimizing these effects.

Your doctor has prescribed this drug for you and you alone. Do not give the drug to anyone else.

If you will be taking calcium supplements as part of the treatment to help prevent osteoporosis, check with your doctor about the amounts recommended.

Keep this and all drugs out of the reach of children. In case of overdose, call your doctor, hospital, or poison control center immediately.

This Summary provides the most important information about estrogens. If you want to read more, ask your doctor or pharmacist to let you read the professional labeling.

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This Brief Summary for Direct-to-Consumer Advertising is based on the current Premarin Tablets insert, PI 4060-1, Issued June 6, 1990 with the incorporation, in lay language, of pertinent text from the Physician insert, CI 4079-1, Issued May 23, 1991.

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The hassle-free holiday guide

FOR MANY WOMEN, THE HOLIDAY SEASON IS AS EXHAUSTING AS IT IS MERRY. BUT IT DOESN'T HAVE TO BE THAT WAY. HERE, THE EXPERTS SHOW YOU HOW TO ENJOY THE FESTIVITIES WITHOUT FADING. BY LYNN HARRIS WITH LYNN PROWITT

How to keep from doing too much

If you're heading into the holidays with high expectations and long to-do lists, your spirit may soon give way to a short temper. The following strategies will help you put activities and obligations in perspective before the humbug bites.

THINGS TO FORGET ABOUT



● **Trying to have the perfect holiday.** Never set out to buy the perfect gift, cook the perfect dinner or throw the perfect holiday gathering, says Nancy Nash-Cummings, a household-advice columnist and author in Windsor, Vermont. The reality can never match up to those impossibly high expectations.

■ **A tired family tradition.** Donna Foley, of Worthington, Ohio, used to spend hours preparing a complicated pastry for Christmas breakfast every year. "One year, the dog ate the Christmas roll, and no one even missed it," she says.

● **Elaborate holiday crafts.** Homemade gifts are wonderful—*if* you have the time. But if you're staying up until three A.M. or turning down invitations to parties in order to finish your twentieth pinecone wreath, things are out of control.

■ **Cleaning the house from top to bottom.** There's extra clutter during the holidays, so what better time *not* to clean? Simply give your house a quick once-over.

Things worth doing

● **Continue special family traditions.** *Don't give up on a meaningful, enjoyable tradition simply because time gets short. If you and your family look forward to your annual cookie-making party, then cut back on other obligations.*

■ **Hire help when you need it.** *Sometimes it's worth it just to get a few chores off your to-do list. You don't have to splurge: Pay a neighborhood teenager to serve food at a holiday party or to watch the kids while you shop in peace.*

● **Take notes for next year.** *Start a holiday notebook by keeping track of what went smoothly and what didn't, how far in advance you called the baby-sitter, what gifts you bought others, etc. It will be your best present to yourself next year.*

Holiday shortcuts

■ **Swap tasks.** Pool holiday jobs with friends. If you love to bake but hate to shop, and a friend feels just the opposite, give her your gift list and double your cookie recipes while she's at the store.

● **Shop the easy way.** Combine ease and efficiency by using mail-order catalogs, giving gift certificates, tickets to sports or cultural events, and magazine subscriptions, says time-management expert Stephanie Culp, author of *Streamlining Your Life* (Writers Digest Books, 1991). For large-family or office gatherings, try a gift grab bag rather than buying everybody a gift.

■ **Wrap things up.** As soon as you buy presents, take them to the store's gift-wrapping department. Many malls also set up special wrapping booths during the holiday season. For a small fee, usually about $2, they'll make your packages look perfect (you pick the paper). *(continued)*



(continued) Bring along Post-it notes to label gifts so you don't forget whom each present is for. Many department stores will also ship gifts for an extra charge.

Chores to delegate

● **Decorating** Trimming the tree may already be a family affair, but are you the one who always gets stuck unpacking the ornaments and then packing everything back up after Christmas? Get your family involved in all stages of the process.

■ **Grocery shopping** Send your husband or an older child to the supermarket with a detailed list.

● **Dinner preparation and clean-up** Tell your family and guests ahead of time that dinner will be a group effort. Then delegate specific tasks to each person.

■ **Party favors** It is not stingy or tacky to ask each guest to bring a dish to a holiday bash. In fact, says Culp, it's a good way to compliment a friend's cooking—especially if you request a dish that you've enjoyed eating at her house.





How to cope with holiday disasters

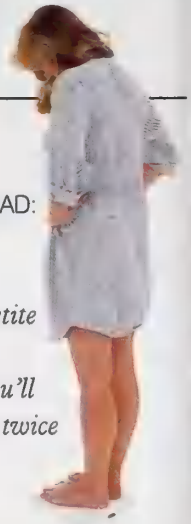
■ **At a party you spill red wine on the hostess's best tablecloth.** Apologize, and then blot the stain immediately with club soda to prevent the stain from setting. Offer to take the tablecloth with you and have it dry-cleaned, says Elizabeth Post, author of *Emily Post's Etiquette* (HarperCollins, 1992). Send her a thank-you note—and perhaps a small gift—with a final, brief apology.

● **A friend drops by unexpectedly with a gift for you; you have nothing for her.** Thank your friend warmly for the present. If she surprised you, there's no need for you to reciprocate on the spot. Don't be hypocritical; buy her a gift only if you would have anyway, says manners maven Letitia Baldrige. Otherwise, a prompt and enthusiastic thank-you note will even the score.

■ **During Christmas dinner, Uncle Harry has too much to drink and becomes loud and unruly.** Don't confront Uncle Harry, because it will only get him more riled up, says George Nixon, Ph.D., a family psychologist in Waco, Texas. Instead, try to separate him from those guests he's most likely to argue with. Ask a relative your uncle trusts to invite him to share dessert out in the living room. Later, have someone drive Uncle Harry home. (If his drinking has been a problem before, it's time for him to get some professional help.)



● **You arrive at your company's Christmas party and realize—to your horror—that you're wearing something too sexy.** Don't panic. If you keep your composure, you can get through this without hiding in the bathroom or running home to change. Do take off flashy jewelry or tone down your makeup. Most important, act confident; if you look upset, you'll only draw more attention to yourself.



How to cheat on your diet without gaining weight

IF VISIONS OF SUGARPLUMS ARE DANCING IN YOUR HEAD, STOP TRYING TO STICK TO YOUR DIET. INSTEAD:

■ **Follow the one-plate plan.** *Fill a dinner plate with low-fat selections: seafood or chicken, vegetables, bread and pasta. This will give you a good taste of what's available and make you feel full.*

● **Alternate beverages.** *Alcoholic drinks are often high in "invisible" calories. Alcohol is also an appetite stimulant. Choose wine spritzers over cocktails, and alternate them with sparkling water or diet soda.*

■ **Have dessert.** *Denying yourself goodies often backfires: You may feel so cheated and hungry that you'll go home and polish off a quart of ice cream. Take a small piece of dessert and savor the flavor by "eating twice as slowly," says Sue Luke, a registered dietitian in Charlotte, North Carolina.*

● **Burn it off.** *Exercise to help make up for your indulgences. Go ice-skating with your kids; walk to a friend's house for a visit; take the stairs rather than the escalator at department stores.*

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Easy and effective stressbusters

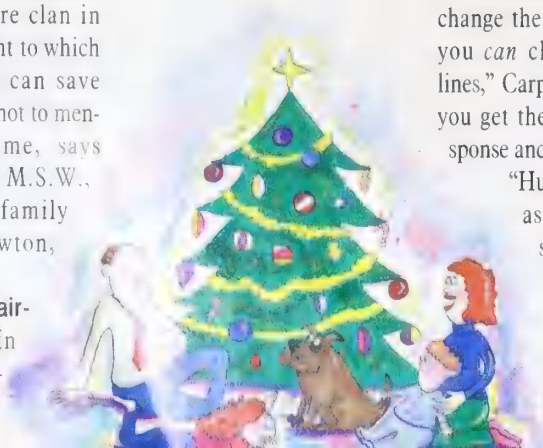
FEELING FRAZZLED? TRY THE FOLLOWING STRATEGIES TO HELP YOU KEEP SCROOGE AT BAY:

- **Take ten minutes out of each day.** Find a quiet place and do relaxation exercises (such as deep breathing), meditate, listen to soft music, crochet or do a crossword puzzle. "Even such a [short] rest period allows the mind and body to rest and re-energize from day to day," says psychologist Raymond B. Flannery, Jr., Ph.D., author of *Becoming Stress Resistant* (New York Continuum Press, 1990).
- **Do aerobic exercise for twenty minutes three times a week.** Don't discount walking, even if it's while you're shopping. "If you're heading to a store on the opposite end of the mall, don't drive your car, walk," Flannery suggests.
- **Practice visualization.** This is an easy way to dissolve tension that you can do almost anywhere—standing in line, sitting at your desk. Simply close your eyes and imagine yourself in a place that is comfortable, safe and relaxing.
- **Make time for people.** "There are many health benefits to being with people you care for," Flannery says. In addition to an increased sense of well-being, companionship can actually improve heart functioning and increase our capacity to fight certain illnesses.

How to improve family visits

LAST YEAR, THE FAMILY CAME TO YOUR HOUSE, SO THIS YEAR, YOU'LL GO TO THEIRS. GRANDMA CAN'T TRAVEL, SO YOU'LL STOP THERE ON THE WAY. YOUR HUSBAND AND YOUR BROTHER WILL ARGUE THROUGH DINNER, AND YOUR MOTHER WILL INEVITABLY CRY. WHAT CAN YOU DO TO MAKE THINGS BETTER THIS HOLIDAY? HERE'S SOME EXPERT ADVICE ON COPING WITH YOUR FAMILY:

- **Choose a central location and ask everyone to convene there.** While it probably isn't possible to gather your entire clan in one spot, the extent to which you can do this can save you much angst—not to mention driving time, says Jane Carpineto, M.S.W., a marriage and family therapist in Newton, Massachusetts.
- **Follow the fairness doctrine.** In many families—especially extended ones—it isn't possible to see everyone during the holidays. Whether you alternate relatives from one year to the next or limit visits' duration in an attempt to see as many people as possible, make a fair plan and stick to it. The key, according to Peter A. Wish, Ph.D., director of the New England Institute of Family Relations, in Framingham, Massachusetts, is communicating the plan to your family members so that no one's feelings are hurt.
- **Rehearse your lines.** We all have family scripts, Carpineto says. Whether it's an older relative's annual complaint about gifts he doesn't need and won't use or your parents' unrelenting advice on how to discipline your kids, these familiar routines can spoil a holiday. "If they have a negative impact on you, realize that you can't change the other person but you *can* change your own lines," Carpineto says. Before you get there, plan your response and rehearse it aloud. "Humor can be useful as a distancer. Say something like, 'Thanks, Dad. Do you have any other tips for me?'"





Give yourself the ultimate holiday gift

Enter this LHJ/Hilton BounceBack Vacation contest and you may win a family getaway!

For many families in the U.S., times are tough. The recession is dragging on. Many of us have even been hit hard by extraordinary disasters such as hurricanes and earthquakes. Others have battled the smaller challenges of daily life—too many things to do and not enough time to do them. Work. Home. Kids. Husband. Health. Sometimes just making it through the day with a sense of humor is a major feat. But against the odds, many families are not only surviving, but thriving. If you've bounced back from tough times recently, we want to hear how you did it. In no more than 500 words (typed, double-spaced), describe the hardships your family faced and how you overcame them. (Include tips for coping that you think will help others.) Send your entry, plus a recent family photo, to LHJ/Hilton BounceBack Vacation Contest, 3511 West Sixth Street, Suite 12, Los Angeles, CA 90020. (Please include both a daytime and a home phone number.) We must receive your submission by December 31, 1992. Five lucky families will win a trip to a fabulous Hilton resort in the U.S., and one or more winning entries will be published in a future issue of the Journal. Submissions will be evaluated by a panel of judges. Entries cannot be acknowledged or returned. Turn to page 185 for the official contest rules.*

*Each of the award packages consists of a one-week (six nights) vacation at one of five Hilton resorts for a family of up to four people. Airfare will be provided by United Airlines; car rentals will be provided by National InterRent.



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llison slumped over, her lips turning from lack of oxygen. Carole frantiy started pounding her on the back. eathe, Allison! Breathe!" She grabbed limp child and headed for the hall-. "Can't somebody help me?"

Carole, who describes herself as "not ticularly religious," wasn't looking divine intervention—just someone knew first aid. But although there e usually plenty of people in the ghboring apartments, on this particuday in the spring of 1990, no one anred her cries.

uddenly Carole felt a deep calm setover her. "Relax, Carole," she said to self: "You took a class in child safety t year. You know what to do." As ie watched, wide-eyed, from the rway, Carole lay Allison on the hall or, leaned over her and began mouthmouth resuscitation. The child soon ponded. "My terror just disapared," Carole says. "Something took er, and it was almost like I had pped outside myself. I could see myf doing what I had to do."

That night, after the doctor had diosed Allison's illness as croup and e baby was sleeping peacefully, ie crawled into her mother's lap. Mommy," she asked quietly, "who s that man who had his hand on ur shoulder?"

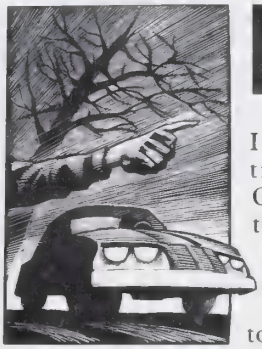
"What man, honey?" Carole asked.

"The *man*, Mommy. The man who had s hand on your shoulder while you re helping Allison breathe."

Although Julie couldn't describe e stranger—except to say she was re that it was a man, not a wom—he'd obviously made a deep imession on her. After six weeks of estioning her mother daily, the litgirl burst into tears of frustration. Mommy, why can't you tell me out the man?" she asked, sobbing. role hugged her daughter close. "I dn't see the man, honey," she said. hat's why I can't explain him to u. I'm so sorry."

Two years later, the experience still azes Carole. "It gives me goose bumps ery time I think about it," she says. y husband and I have never read sto-s to the children about Jesus or God, d I never heard any of Julie's friends lk about religious topics. I suppose mebody could have mentioned someing around her, but at not quite three, uld she have made that connection? I n't think so."

Carole adds softly, "I've always felt at [spiritual] things like this can ppen, and it makes me feel good at it has happened to Julie. I think lot of people could have these experiences if they'd just open up a little bit more. It's also made me believe more strongly in the afterlife. I used to be troubled by the thought that I'd die and never see my loved ones again, but now I feel that there is something beyond death."



ANGEL IN FLANNEL

It wasn't a good time to be lost. One Saturday afternoon in 1986, Judy Erkanat, then thirty-six and a customer-service supervisor at a Silicon Valley electronics corporation, was on her way to a party when a storm hit. The wind howled, and though there was no rain, intermittent flashes of lightning streaked the sky. The curved, hilly roads leading to the party site were unfamiliar, and Judy decided to stop and consult her map before going any farther.

As she slowed to park under a towering eucalyptus, Judy was surprised to see a bearded young man standing in front of the tree. He was dressed in brown corduroy pants and a gray-and-green flannel shirt. Where had he come from? Judy asked herself. A second ago, the street had been deserted.

The man smiled and motioned Judy to continue driving in the direction she was headed. "He looked just like Brian, a friend of mine who was also supposed to be at the party, so I assumed he was pointing me toward the house I was looking for," says Judy. "But after two blocks, the street came to a dead end. I was really angry—what kind of trick had he been playing on me?"

She turned the car around and began heading back—then abruptly slammed her foot on the brake. Trembling, she pulled to the side of the road. What she saw made her feel faint: The eucalyptus under which she had planned to park two minutes earlier had crashed to the ground, blocking most of the street.

"If I had parked under that tree, the way I intended to, I'd have been killed," Judy says, her voice quavering. "That man saved my life. I wanted to thank him, but he was nowhere in sight. And then I started thinking, *It was almost as if he knew that tree was going to fall.*"

When Judy finally arrived at the party, she looked for Brian. He was on the back porch, dressed in a pair of jeans and a white T-shirt with a *(continued)*

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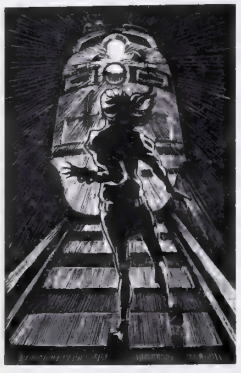
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surfing slogan—and was clean-shaven. "I tried to say something, to ask Brian about his beard and his clothes, but the words wouldn't come," she says. Judy's friends could see she was pale and upset, and their concern turned to astonishment when she explained what had happened. Brian, they insisted, had already been at the party for several hours. "It's okay, Judy," they teased. "You have a guardian angel—a guardian angel in a lumberjack shirt."

Judy forced herself to laugh, yet she wondered whether her friends might be right. She had been raised Catholic, though she hadn't been inside a church in years. She didn't believe in angels—or did she?

"There's simply no other way to explain what happened," she says. "The experience left me with a greater trust in a higher being. I later returned to organized religion, converting to Judaism, which, although many people don't realize it, also has a tradition of angels. I feel that somehow I am being watched over, that there was some reason my life was saved."



ANGEL ON THE TRACKS

The engineer's face was red as he screamed at the girl in front of him: "Get off the tracks! Move! Quick! Get off!" He waved his arms and blew his whistle, but fourteen-year-old Marilynn Webber couldn't move. She felt as if her feet were set in cement.

It was a warm Friday in the spring of 1946. Marilynn, a high school freshman from Wheaton, Illinois, was coming home from her school in Chicago, thirty miles east. While she usually looked forward to her weekend visits with her family, on this particular day she was deeply depressed. She had just learned that her Sunday school teacher, whom she admired and respected, was dying of cancer. Marilynn believed strongly in God's wisdom and knew that bad things sometimes happen to good people, but the tragedy still seemed unjust.

Oblivious to her surroundings, her head bowed, Marilynn got off at her station and began the walk home. As she crossed over the eastbound tracks, she heard a loud rumbling that made her look up. The oncoming train was so close she could see the blue eyes and terrified face of the engineer. She knew the train couldn't stop in time, but she was literally paralyzed with fear. That train is going to hit me and send me to heaven, she thought. But I don't want to go—not yet.

Then, says Marilynn, "it was as if a giant pushed me from behind. I went flying off the tracks and fell down on the cinders just beyond." Too grateful to worry about her scratched hands and legs, she jumped up, eager to see who had shoved her to safety. After the train sped by, she looked in both directions. There wasn't a person in sight. "My guardian angel saved my life," says Marilynn. "Who else could it have been?"

For years she was reluctant to share the story with anyone but her mother. "I didn't want people to think I was strange," she explains. "But this event changed my life. It made me want to do something worthwhile, to be an earth angel."

Now sixty, Marilynn, who is married, the mother of two and a retired schoolteacher, has chosen to surround herself with visible symbols of her invisible protector. She has collected more than two thousand angels over the years—from figurines to postcards to the seven-foot tree in front of her house that she pruned into angel form. Four years ago, she opened a shop of angel collectibles in Riverside, California; every November, she organizes an auction there to raise money for abused children. "I'm combining my love of people with my love of angels," she says, "and I'm having so much fun doing it."



LONG-DISTANCE ANGEL

As Shirley Halliday unlocked the door to her home in Hartland, Michigan, she realized she was truly alone for the first time in her adult life. Three months earlier, in May 1976, her husband had died. Now her thirteen-year-old daughter, Janie, the youngest of her six children and the only one still living at home, was away on vacation with one of her older brothers.

Shirley, a nurse, had just finished working the night shift at the hospital. As she prepared to say her morning devotion, a strange feeling came over her. She knew—absolutely *knew*—that Janie was in danger. An icy cold swept over her, and wrenching sobs shook her body.

Meanwhile, more than fifteen hun miles away, Janie had wandered from her brother and sister-in-law, nated by her first view of the Pa Desert. Standing at the top of a ravi deep she couldn't see the bottom thought the Arizona landscape lo like something from another world stepped over the low guardrail to better look—and lost her footing.

Tumbling down the sloping ca walls, Janie frantically tried to grab something, anything, to slow her de but the rock was weathered and slip and the sand that covered it offered a no traction. Janie began sliding faste faster, swept toward certain death.

Back in Michigan, Shirley, in des tion, called on the angels to sav daughter. Aloud, she read Psalm 9 12: "For He shall give His angels c over you, to keep you in all your They shall bear you up in their h lest you dash your foot against a st As the family later reconstructe scene, it was at the exact moment Shirley finished her prayers that miraculously slid to a stop, fifty from where she had fallen.

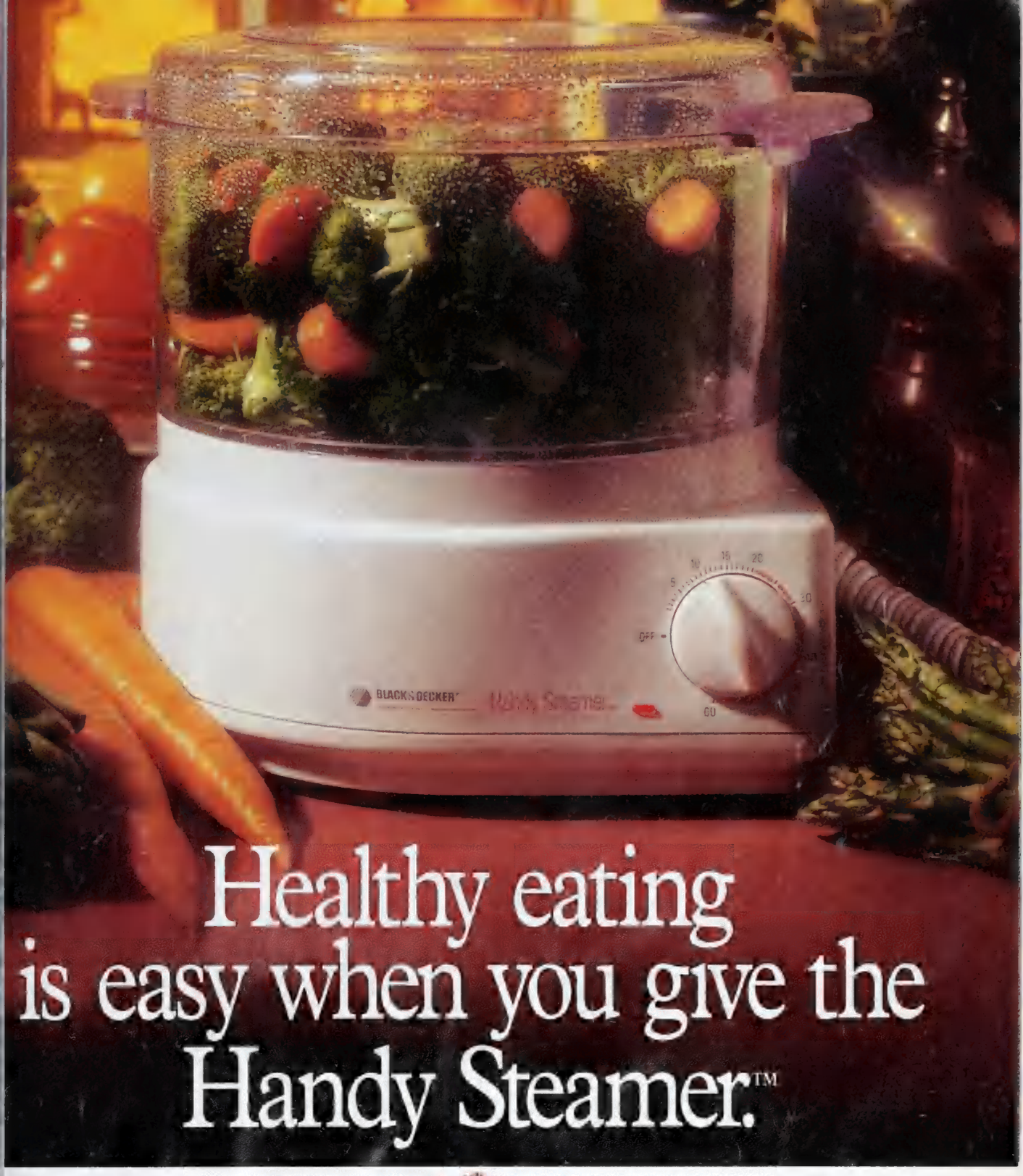
Her face white and her h scraped from grabbing at the r cliff, Janie looked around. Wha halted her? There were no protru in the canyon wall or clumps of ve tion to break her fall. It was as if a visible hand had reached acros path and caught her.

With no help in sight, the daze slowly inched her way back up by s down and pushing herself backwar noring the dirt and gravel embedd her legs and the smashed camera i back pocket. As Janie rea hed the where her frantic relatives would find her—Shirley felt overwhelmed great sense of peace. She knew daughter was safe now.

Both Janie, now twenty-nine ar interior designer, and Shirley, wh since remarried, are still awed by they believe is a miracle. "From tha ment, I knew that the Lord watche the widow and is father to the fa less," says Shirley. "I had no fear raising my youngest child alone be I was confident that I had the h God and his angels."

Andrea Gross is a contributing edi Ladies' Home Journal.

Have you had a personal encounter a real angel? We'd like to hear from you. your story to Box AG, Ladies' Home nal, 100 Park Avenue, New York 10017. Stories should be 700 words, double-spaced. Include your address an time and evening phone numbers. Su sions will not be returned. The best may be used in next December's issue.



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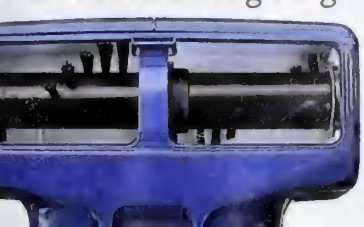
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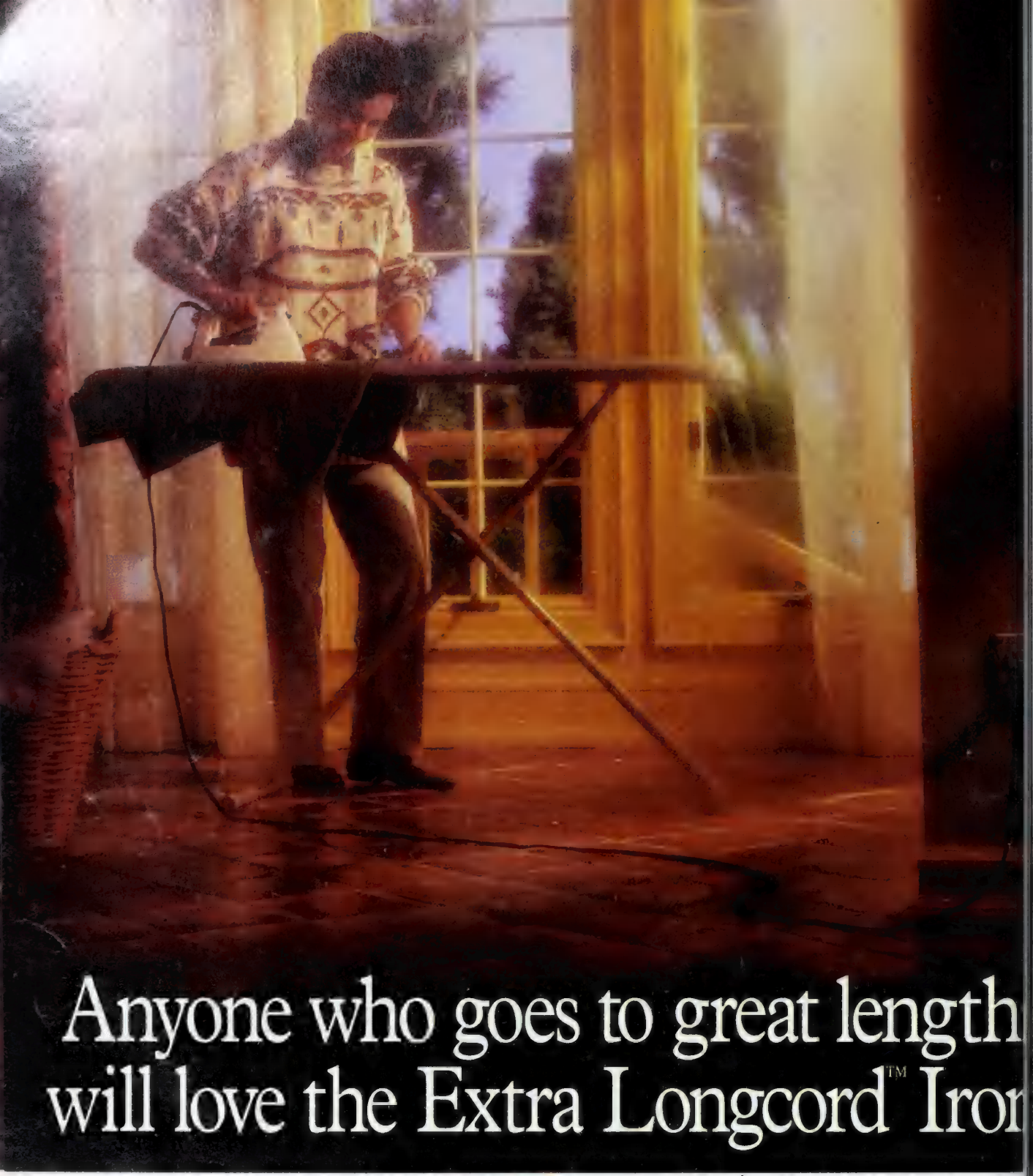


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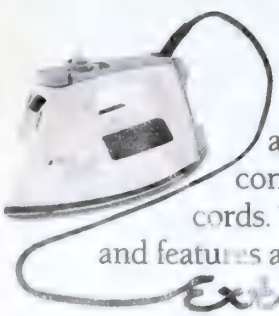
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Tips for smarter and safer living. By Paula Lyons



IN THIS COLUMN, *GOOD MORNING AMERICA*'S CONSUMER EDITOR MAKES YOUR HOLIDAY SHOPPING EASIER BY EXPLAINING THE HIDDEN FEES IN CREDIT CARDS AND WHAT YOU MAY NOT KNOW ABOUT STORE RETURN POLICIES

Does your credit-card company charge too much?



Before heading out to buy gifts with a purse full of credit cards, you may want to sit down and figure out how much it costs you to use them. If you think interest rates and annual fees are all you need to consider, think again.

In recent years, banks have come up with complicated ways to charge you more for the privilege of credit, although many advertise that they're charging less. Says Gerri Detweiler, director of Bankcard Holders of America, "Though some banks are now seeking to create goodwill by edging back their interest rates slightly, their complex maze of secret billing tactics and fees means that millions of consumers are paying effective rates of thirty percent or more."

Most people are aware of their issuers' late-payment and over-the-limit fees—revenues which, by the way, are almost pure profit for the banks—but few notice the other ways banks make money from credit cards.

For example, some banks have lowered their minimum payment due on an outstanding balance from an average of 5 percent to just 2 to 3 percent. Good news? Perhaps for the banks. According to a Bankcard Holders of America report, the average person carries 2.5 credit cards and has an outstanding monthly balance of $2,500. If the interest rate on her cards is 18.4 percent (at press time, the current average annual percentage rate) and she pays a 2 percent minimum monthly payment, it will take more than thirty years to repay the debt and cost more than $6,650 in interest.

Profits from reducing minimum-payment requirements have actually allowed some banks to lower their rates and fees and *still* make more money on customers than they did before.

Another big source of income for card issuers is cash advances. Not only do most banks charge a hefty interest rate that starts accruing the moment the cash hits your hand (in other words, there is absolutely no grace period), they also charge fees of 2 to 2.5 percent of the cash you borrow. Some cards, for example, say that they charge no interest on cash advances. But according to the Bankcard Holders of America report, those same card issuers charge fees that could amount to more than the interest ever would.

But by far the most confusing of money-making tactics are the ways banks calculate finance charges. They *(continued)*



THE HIGH COST OF CREDIT

How much of a difference can various types of finance charges make in your bill? A little—or a lot. Let's look at four credit cards with interest rates of 19.8 percent. The first month, $1,000 is charged on each and the minimum payment of $27 is made. After that payment, another $1,000 is charged on each. Using four calculation methods, the following finance charges would appear on the second bill:

Average Daily Balance (excluding new purchases):	$16.50
Average Daily Balance (including new purchases):	$33
Two-cycle Average Daily Balance (excluding new purchases):	$32.80
Two-cycle Average Daily Balance (including new purchases):	$49.05

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MANY HAPPY RETURNS



Before you plunk down a cent this holiday season, make sure you find out if you can return what you're buying and under exactly what conditions.

Most shoppers don't realize that they have no legal right to return anything for a refund unless the product is defective. If it's the wrong size or color or the receiver just doesn't like it, merchants have the right to decide if they'll take it back and under what terms. (Most states require merchants to post their policies.)

The good news, though, is that this year, major chain retailers have surprisingly liberal return policies. Sears, Wal-Mart, Kmart, The Gap and most big department stores (with the notable exception of Macy's) have a policy known as "satisfaction guaranteed." This means you can return anything, at any time, with or without a receipt, and get a cash or credit refund. And this is their year-round policy.

Macy's takes returns only within ten days of a purchase and requires a receipt for a refund. If you don't have a receipt, they can decide whether to offer you cash, credit or a check for the lowest selling price in the prior sixty days. From December 26 to January 4, they'll waive the receipt requirement on purchases of $50 or less.

Small, individually owned stores usually can't afford generous return policies and often require receipts. While, like larger stores, they are generally obligated to repair, replace or refund the price of defective items, they're not obligated to take back items for other reasons—although most do. And it is their right to decide if you receive store credit, credit-card credit or cash. Many small merchants also put time limits on when items can be returned.

Every January, I hear from consumers who are angry because they couldn't return a gift. Do yourself a favor: Take the time to understand a store's return policy before you buy, and if you don't like it, shop elsewhere.

Research: Elaine Pappas-Graber

Does your credit-card company charge too much?

(continued) employ four different methods—and myriad variations within each method. And although your bank's method is listed on your monthly statement, along with an explanation of how it works, making sense of it is nearly impossible.

The least expensive is the average daily balance (ADB) method *excluding* new purchases, which means you are only charged for the balance you carry over from the previous month. The most commonly used method, however, is ADB *including* new purchases. Most expensive is the two-cycle ADB including new purchases, which essentially charges interest on the interest.

What all this means is that the same purchases made on credit cards with identical interest rates can result in widely divergent finance charges (see the chart "The high cost of credit," on page 73).

For a list of credit-card issuers with their charges clearly explained, send a check or money order for $4 to "Low-Rate/No-Fee Credit Card List," Bankcard Holders of America, 560 Herndon Parkway, Suite 120, Herndon, VA 22070.



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THE PERILS OF PIGGING OUT *and other tummy troubles*

All the nonstop festivity of the holidays may leave you feeling a bit queasy. Our report on digestive disorders can help you get fast relief

BY CATHERINE WINTERS

Pity the poor gastrointestinal (GI) tract, called upon day after day to carry out its humdrum duty of processing all that we eat and drink. And during the holidays, the gut works even harder to digest rich, spicy foods. Most of the time, of course, the GI system executes its tasks without complaint. But when it rebels, the result may be anything from annoying heartburn to painful ulcers to life-threatening conditions.

Such upsets spare no one: GI disorders afflict one out of two Americans at some point in their lives, result in two hundred thousand absences from work each *day* and cost the nation $50 billion annually. Fortunately, great strides are being made in the treatment of gastrointestinal problems. Doctors now have access to state-of-the-art diagnostic and surgical tools and to new medications with fewer side effects. They also have a clearer understanding of the role stress plays in disorders like irritable-bowel syndrome.

The GI tract, often described as a hollow tube, measures twenty to twenty-five feet in length and comprises the esophagus, gallbladder, liver, pancreas, stomach and large and small intestines. The function of this complex system is to manufacture digestive enzymes that break down food, dispatch nutrients throughout the body and dispose of unused matter. Usually, we don't have to give a thought to digestion; it's as natural as breathing.

But every now and then a little grumbling or gas must be expected. After all, the intestinal tract encounters bacteria, viruses, fungi and food, all of which provoke some inflammatory reaction, notes David Sachar, M.D., professor of medicine and Director of the Division of Gastroenterology at New York City's Mount Sinai Medical Center. "Normally," Sachar says, "people have a regulatory system that puts the brakes on to protect the body, like a very well regulated border control." It's when the system goes awry that problems occur.

Following is a look at common digestive disorders—their symptoms, causes and treatments.

Gas Flatulence—the passing of "wind"—and burping enable the body to get rid of excess gas. Pain and bloating can occur when gas gathers in the digestive tract. The most common culprit is swallowed air caused by sipping, chewing gum, postnasal drip, loose dentures and carbonated beverages. Foods like beans, cauliflower, cabbage and broccoli can trigger flatulence, and so can upping your fiber intake too quickly. People who are lactose-intolerant, meaning they lack the *(continued)*



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lactase enzyme that helps digest milk, may also become gassy when they drink or eat dairy products. (Adding lactase to milk or yogurt can alleviate this problem.)

Over-the-counter (OTC) antigas preparations can help ease flatulence by breaking up gas bubbles; and two OTC activated charcoal tablets taken after meals can reduce odor. A better approach is to lessen episodes by making diet and lifestyle changes. If these don't help, consult your doctor.

Heartburn Emma, a thirty-four-year-old Chicagoan, had a burning sensation in her chest that had worsened over the last two years. The pain appeared like clockwork after meals and was awakening her in the middle of the night. She turned to an old-fashioned remedy for relief—a mix of baking soda and water. But the pain was such that she sometimes skipped meals to avoid an attack. Finally, the symptoms became so severe that she sought medical help.

It's a good thing she did, says Seymour Sabesin, M.D., professor of medicine and Director of Digestive Diseases at Rush-Presbyterian-St. Luke's Medical Center, in Chicago, who found that what had been a simple case of heartburn had progressed to esophagitis, an erosion of the esophagus lining due to stomach acids. Untreated, it could have caused a dangerous narrowing of the esophagus that would have interfered with swallowing.

According to a 1988 survey, some sixty-one million American adults experience heartburn at least once a month, and about twenty-five million suffer from it daily. "Because heartburn is so common, most people don't pay attention to it," says Sabesin. "But it could be a sign of a potentially more serious disease." Heartburn is linked to gastroesophageal reflux disease (GERD), a tongue twister of a name for a phenomenon in which food and stomach acids backwash up the esophagus into the mouth, causing a burning sensation and, occasionally, nausea and vomiting. The pain, which can last for two hours, usually begins behind the breastbone and radiates up into the neck, sometimes mimicking a heart attack.

According to Jamie S. Barkin, M.D., chief of gastroenterology at Mount Sinai Medical Center in Miami, "During the holiday season, we eat foods that tend to predispose us to heartburn." These include chocolate, coffee, spicy or greasy foods, peppermint and alcohol. Smoking can also cause a flare-up.

The best way to prevent this problem is to avoid the offending foods; but if you indulge, attacks can be eased by following these measures: Sleep with your head elevated about six inches; avoid clothing that puts pressure on your stomach; lose excess weight. An OTC antacid can neutralize acids in the stomach. But beware—long-term use of products containing milk of magnesia can cause diarrhea. Also, avoid taking antacids along with aspirin or other drugs, since each medication's effectiveness may be diminished.

If your heartburn persists for longer than two weeks each time or bothers you more than three times a week, consult a physician. An upper GI series, to rule out ulcers, and an endoscopy (insertion of a thin, flexible viewing tube down the esophagus), to check for other conditions, may be in order. If you can't take antacids or if your symptoms, like Emma's, have worsened, you may be given a histamine H_2-receptor antagonist (an H_2 blocker such as Zantac) to decrease acid secretion. Chronic heartburn sufferers can also benefit from Prilosec (omeprazole), a drug that suppresses acid-producing enzyme.

Irritable-bowel syndrome (IBS) an episode Marge remembers well. W ing long hours at the office and co with a failing marriage, she was b holding herself together. Then she b experiencing abdominal bloating, cra flatulence, and alternating bouts of stipation and diarrhea. The symp were uncomfortable—and embar ing—enough to send her to the do office. He took a medical hist



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l about the level of stress in her life concluded that Marge had developed ble-bowel syndrome.

S is also called spastic colon, mu- colitis, colitis (though it is not re- to ulcerative colitis), spastic bowel functional bowel disease. Whatever e it goes by, IBS occurs when the cles in the lower part of the colon ract abnormally, creating a painful m that may delay the passage of e, triggering constipation. Some- s the spasms push waste through too kly and cause diarrhea.

illions of people seek help for IBS year, but gastroenterologists remain re of its causes. There is no cure. rybody has some problems with the bowel from time to time, due to stress, dietary indiscretion or hormonal changes," says Douglas Drossman, M.D., professor of medicine and psychiatry, Division of Digestive Disease, University of North Carolina at Chapel Hill. "But people with irritable bowel may have more intense or frequent responses to emotional upsets or foods." By keeping a symptom diary for a few weeks, patients can get a better handle on what causes their symptoms and make changes that lessen the frequency of them, notes Drossman.

To evaluate the lower GI tract, doctors use sigmoidoscopy or a barium enema X-ray, or they examine the stool for blood. After making a diagnosis, your doctor will recommend treatment based on the severity of your symptoms. If you have mild IBS, you'll need to add more fiber, including bran, to your diet. (Too much fiber can cause gas and bloating, so introduce it slowly.) You should also avoid high-fat foods; limit caffeine; and avoid cabbage, beans and other gas-producing foods; and if you're lactose-intolerant, skip dairy products or add lactase to them. Moderate cases call for dietary changes as well as an antispasmodic to lessen cramps, and an OTC preparation containing immodium can help fight diarrhea. In more severe cases, a tricyclic antidepressant might be prescribed to reduce stress and relax the colon.

Regular exercise and behavioral-modification techniques such as biofeedback or hypnosis may help IBS that's linked to stress, whatever the severity. "It's up to the doctor and patient to decide which method is best," Drossman says.

Ulcers For about a year, once every other week, Lucy, twenty-eight, had sharp, stabbing pains in her abdomen, which were sometimes accompanied by nausea and vomiting. She attributed the symptoms to pressure at work and took an OTC antacid for relief. But one week the pain was so frequent and intense that she completely lost her appetite. Shortly afterward, a gastrointestinal specialist diagnosed her with a duodenal ulcer, a break in the lining of her small intestine, about three quarters of an inch in size.

To each of the four million Americans who suffer from an ulcer, the pain caused by one type of ulcer may feel just like the pain caused by another. But to doctors there are clear differences. Duodenal ulcers affect the small intestine and cause discomfort on an empty stomach. "It's a boring, burning hunger type of pain in the pit of your stomach, right under the ribs," says Richard W. McCallum, M.D., professor of medicine and chief of the Division of Gastroenterology, Hepatology and Nutrition at the University of Virginia Health Sciences Center, in Charlottesville. Typically, pain from a duodenal ulcer occurs two to three hours after a meal; it may also strike in the middle of the night, sending a sufferer in search of a snack to quell it. The pain can be accompanied by internal bleeding, nausea, burping and indigestion.

A gastric ulcer causes a break in the lining of the stomach and has many of the same symptoms as a duodenal ulcer, including pain in the abdomen, sometimes radiating into the chest. The main difference: Many experts believe gastric-ulcer patients feel worse when they eat.

Contrary to popular belief, says Sabesin, "ulcers are not caused by any type of food or by stress—although the condition may worsen in stressful situations." Alcohol and smoking probably do not cause ulcers either, but long-term use of aspirin and *(continued on page 84)*





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The perils of pigging out

continued from page 79

other nonsteroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen, can erode the lining of the stomach.

Experts believe that people who develop ulcers have an imbalance of gastric acid and protective substances, such as mucus. But in recent years, a spiral-shaped bacterium known as Helicobacter pylori or H. pylori has many doctors speculating that it may be the prime cause of duodenal ulcers and play a significant role in gastric ulcers. They also think H. pylori is transmitted through close contact with an infected person via towels, cutlery, touching or even kissing, says McCallum. Some people may harbor the bacterium and never develop ulcers but pass it on to a friend or family member who may not be so lucky. Although ulcers are not a risk factor for cancer, there's emerging evidence that people who have gastric ulcers caused by H. pylori could be at risk for stomach cancer.

Once a diagnosis is made with the help of endoscopy, the ulcer patient is told to stop smoking and using aspirin and NSAIDs. Then doctors prescribe an H_2 blocker, such as Tagamet, or a prostaglandin, such as misoprostol, or, if H. pylori is present, a regimen of antibiotics and Pepto Bismol.

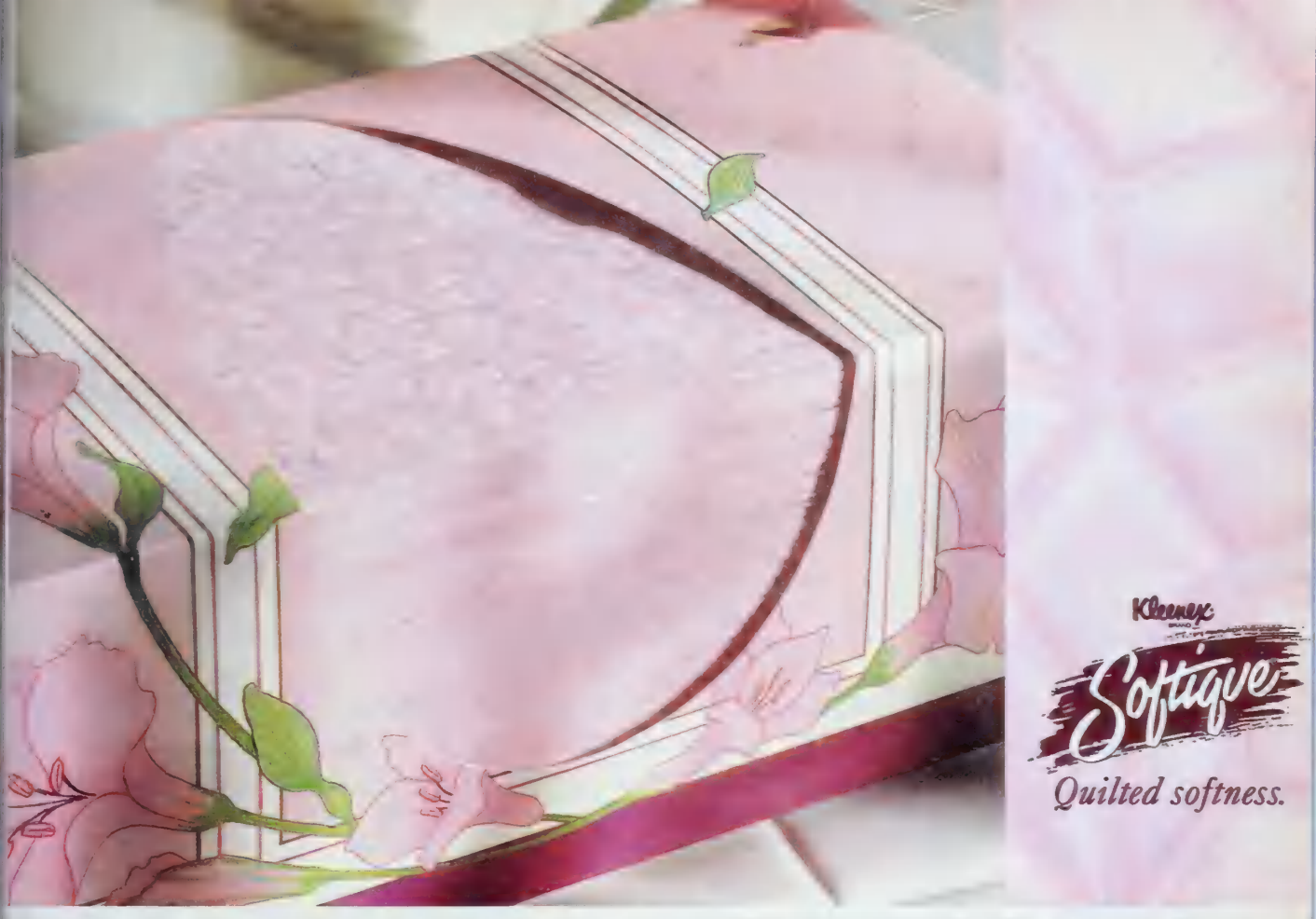
Most duodenal ulcers heal within four to eight weeks; gastric ulcers can be tougher to treat, taking up to twelve weeks. Ulcers can recur throughout a person's life, although proponents of the H. pylori theory claim once the bug is eradicated, a patient will be ulcer-free. Chronic ulcer sufferers may need to take H_2 blockers regularly. In severe cases, surgery may be necessary to sever the nerves that stimulate stomach acid, says Mark Talimini, M.D., director of Minimally Invasive Surgery at Johns Hopkins Hospital.

Gallstones In at least one million people each year, a pear-shaped organ called the gallbladder causes untold problems. A smoothly functioning gallbladder sends bile into the small intestine via a duct to digest and absorb fats from foods. But occasionally, there is too much cholesterol in the bile, and cholesterol stones form in the gallbladder. And if bile pigments (bilirubin and other substances) clump together, pigment stones occur. Women who have been pregnant, used oral contraceptives or estrogen therapy, are overweight or go on and off crash diets are especially vulnerable.

Often gallstones are silent, causing no trouble at all. Problems arise when stones migrate from the gallbladder into the bile ducts, blocking the outlet from the gallbladder, says Leslie Schoenfield, M.D., professor of medicine at U and director of Gastroenterolo Cedars Sinai Medical Center, in Lo geles. That's when sharp pain in th per right side of the abdomen be lasting from a half hour to several h There may also be pain betwee shoulder blades or right shoulder with nausea and vomiting; if the s clog the bile duct, jaundice can tur skin and whites of the eyes yellc they block the flow of bile into the intestine, gallstones can cause an in mation of the gallbladder (cholecys They can also trigger an inflammati the pancreas (pancreatitis) by obst ing the movement of digestive f from that organ.

"The nature of the pain often su the diagnosis," says Schoenfield your doctor may use ultrasound, a doscope or a radiographic scan, a s X-ray of the gallbladder, to be sur moval of the gallblader—cholecys my—is one way to ensure that s don't recur. And thanks to laparos surgery, hospital stays and recovery have been drastically reduced. Non cal treatments such as oral bile acids dissolve stones, and scientists are e menting with ether compounds, w when infused into the gallbladder catheter, also dissolve the stones.

Unfortunately, there is as yet no v



ɔing gallstones from occurring. "We can't prevent or treat gallstones by ry means," says Schoenfield. But at ls Hopkins Gallstone and Biliary ase Center, researchers are exploring her calcium and protein contribute he development of stones and her caffeine and fish oil can lower risk for developing them.

rticulosis and Diverticulitis New 's Mayor David Dinkins made head- last March when he checked into ospital with a mysterious intestinal ent. Ultimately, he was diagnosed diverticulitis.

verticula (outpouches of the colon, about the size of a large pea) may as a result of weak spots along the stinal wall. Diverticulosis—which ly means having diverticula—exists arly 10 percent of Americans by age and as many as 50 percent over age ; few people are bothered by it.

it if the pouches become infected or med, usually as the result of trapped e material, a condition known as di- culitis occurs (as it did in Dinkins's , causing fever, an increased white- d-cell count, abdominal pain and, sionally, rectal bleeding.

agnosis is made with a colonoscope, xible tube inserted through the anus, barium enema X-ray. Sufferers may laced on intravenous fluids to allow the intestine to rest while the inflammation subsides; antibiotics may be given. Sometimes surgery is necessary to drain abscesses or to remove part of the colon if a rupture occurs. There's no way to prevent diverticula from forming, but researchers have discovered that in countries where people eat plenty of fiber, diverticulosis is less common. And the majority of people who've had diverticulitis can prevent recurrences by adding more fiber, including whole grain breads and cereals, brown rice, fruits and vegetables to their diets. ■

Catherine Winters is a New York City–based free-lance writer who specializes in health and fitness.

When you need help

Most queasy stomachs result from overindulging in favorite foods or from stomach "bugs" that disappear in a day or so. However, other digestive disorders, such as stomach cancer and irritable-bowel disease, which is completely different from irritable-bowel syndrome, are far more serious. For this reason, suspicious or lingering gastrointestinal symptoms should always be checked out with a physician. "People must realize that it's not normal to have abdominal pain," says Jamie S. Barkin, M.D., of Mount Sinai Medical Center in Miami. "It is not normal to have a change in your bowel habits, whatever they are; it's not normal to have your bowel habits interfere with your life; it's certainly not normal to have blood [in your stool]."

For more information on digestive disease, write: National Digestive Diseases Information Clearinghouse, Box NDDIC, 9000 Rockville Pike, Bethesda, MD 20892. Be sure to specify which disease you are interested in. The Glaxo Institute for Digestive Health offers a free subscription to a digestive newsletter, "Inside Tract," and will also answer questions about GI conditions. Call 800-232-GIDH. For brochures on irritable-bowel disease (IBD) as well as details on educational and support services for sufferers of IBD, contact the Crohn's & Colitis Foundation of America at 800-343-3637.

BABY-CARE UPDATES

BREAST-FEEDING

Infants are turned off by the breast milk produced after a mother exercises, say researchers at Indiana University at Bloomington, because working out increases the level of sour-tasting lactic acid. Janet P. Wallace, Ph.D., found that a group of 26 babies were fussier or even refused to nurse when their mothers gave them post-exercise milk. Since lactic acid remains elevated in milk for at least ninety minutes after strenuous physical activity, Wallace suggests that mothers nurse or collect milk beforehand.



SLEEPING

Many parents are bleary-eyed during the day because their babies wake up and cry at night. Yet a recent study suggests that moms and dads may unwittingly contribute to such behavior patterns. Researchers at Boston University School of Medicine found that parents were awakened 36 percent less often when they put infants in their cribs and left them alone while they were still awake. "If you're there when the children fall asleep, they'll want to see you when they wake up," says Robin H. Adair, M.D. Night waking is normal for babies, and if parents establish a routine that includes quiet play, cuddling, and then separating before the sandman arrives, "babies will learn to soothe themselves back to sleep when they wake during the wee hours."

—JOAN LIPPERT

The newest treatments for nerve disorders

Recent advances offer hope for devastating conditions caused by damage to vital nerve cells.

■ Scientists are testing a drug that may be the first treatment for amyotrophic lateral sclerosis (ALS), also known as Lou Gehrig's disease. People with ALS rapidly lose motor skills—about half die within three years. The new drug, a synthetic version of Human Ciliary Neurotrophic Factor (CNTF), a substance found in cells, has slowed the progress of ALS in animals. A study with several hundred people starts next month. If CNTF works, "it could help treat a tremendous number of neurological disorders," says Hiroshi Mitsumoto, M.D., director of the Neuromuscular Program at the Cleveland Clinic.

■ Nitroglycerin, a drug often used to treat heart disease, may also protect nerve cells, according to a study at Boston's Children's Hospital. In conditions such as head trauma and stroke, damage is caused in part by increased levels of the brain chemical glutamate. Preliminary research indicates that nitroglycerin shields nerve cells from this chemical, says neurologist Stuart A. Lipton, M.D., Ph.D.

—SALLY SQUIRES

THE (UNHEALTHY) BOOB TUBE

The newest enemy of a healthy heart is sitting right in your living room: A recent study at Brigham Young University, in Provo, Utah, of almost 12,000 women and men shows that adults who spend three or more hours a day watching TV are twice as likely to have high cholesterol levels—a risk factor for heart disease—as those who watch an hour or less. Even moderate viewers who tune in one to two hours daily tend to have elevated cholesterol.

"Watching a lot of television is part of a poor health syndrome," says Brigham Young's director of health promotion, Larry A. Tucker, Ph.D. High-fat, cholesterol-boosting snack foods and a sedentary lifestyle often go hand in hand with TV viewing, he explains. So if you're thinking of making a New Year's resolution, how about: Switch off the set, toss out the chips and get moving. —S.S.

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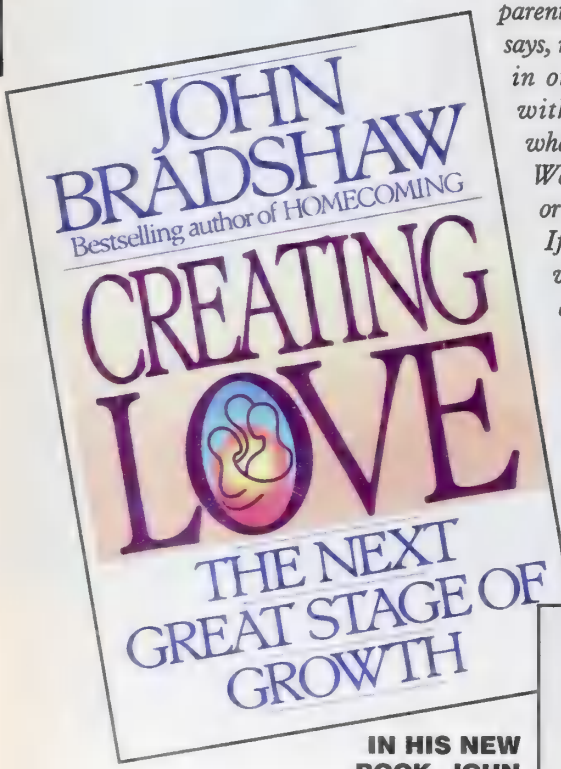
best-seller

How to be a more loving parent

This Christmas, renowned counselor and author John Bradshaw shows you how to give your kids the greatest gift of all

JOHN BRADSHAW'S PREVIOUS book, "Homecoming," introduced the concept of the inner child—the part of us that suffered trauma or abuse in childhood and remains hurt to this day. His new book, "Creating Love," explores relationships of all kinds, and in the chapter excerpted below, tells how parents can avoid inflicting such damage on their own children.

When it comes to relationships between parents and children, Bradshaw says, most of us are "mystified"—in other words, out of touch with our own feelings and what effect our past has on us. We need to become "soulful," or connected to our feelings: If we are, Bradshaw says, we will respond to our children as authentic individuals and will not use them to play out our unresolved childhood conflicts. Only through "soulful love," Bradshaw conludes, can we raise emotionally healthy children.





IN HIS NEW BOOK, JOHN BRADSHAW SHARES THE LESSONS HE LEARNED AS A PARENT AND AS A THERAPIST

BY JOHN BRADSHAW

When my son was born, I was overjoyed. I couldn't wait to be a father. I was thirty-five years old, and I knew a lot about developmental psychology. I had studied good parenting techniques. I counseled people and lectured on marriage, intimacy and parenting. I felt highly qualified to be a father.

Unfortunately, I lacked a lot. Though I was committed and sincere as a parent, the problem was that as a mystified person, I was confused about myself. And no matter how much you know about parenting, you need to have some sense of your real self in order to have a healthy relationship with your children.

Of course, I did not understand this on a conscious level. My mystification—my lack of self-knowledge—kept me from being fully present for my children. For example, instead of interacting with them in the *present*, I was often a little boy in an adult's body giving them all the things I never got as a child. I went to great lengths to protect my children from the kind of suffering that I went through because of my father's abandonment of our family when I was a child. I was so busy protecting my children—as an extension of my childhood self—that I was seldom really there for them.

And I was often as childish as my children. I would play, goof off and indulge them. Then, when I couldn't take being the *nice* dad anymore, I would vent years of repressed rage at them. The rage was usually accompanied by yelling, and when it was over, I felt terrible. Later, I learned that I was expressing rage *(continued)*

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How to be a more loving parent

continued

at my own father and mother, because when I was a child, all expressions of anger were prohibited. So my children got the rage that I had felt as a child but had been too terrified to express.

Several rages were all my son and daughter needed to stop trusting me. It is painful to realize that I was creating just the opposite of the thing I wanted most: a nurturing, warm relationship with my children.

What I also came to realize is that one can use the most up-to-date parenting techniques in a mystified way. Here's an example. One of the major tenets of family expert Thomas Gordon's Parent Effectiveness Training is that parents should use "I" messages. These are statements that express what you see, feel and want from your child without shaming or judging him. For example, a parent using this technique might say, "I saw you take your brother's candy. I think that is unfair, I feel angry that you did that, and I want you to give it back to him." But on a couple of occasions, I heard myself saying things like "I think you're very selfish, and I think you never think of anyone but yourself." These are *not* self-responsible "I" messages; these are judgments that just happen to be preceded by the word *I*.

I spoke to my children like this because as a mystified person, I was frozen in the past, though I didn't know it at the time. If you remain mystified, your most spontaneous reactions to your children will often be echoes of reactions you heard from your own parents. We tend to shame our children the way we were shamed, and you can shame them even if you're using the most up-to-date parenting techniques.

But when we separate from our internalized family system, we can see our family-parenting rules in a more objective light. Later on, after I had begun this work of separating, of finishing my business with Mom and Dad, I began to use all those parenting techniques in a much more flexible manner. I became more conscious of what was happening. I learned to check my first reaction to my children. I counted to ten, questioned my response, and asked myself to imagine another response. I did this often during my children's teenage years. My first urge was to accuse them and tell them how bad I had it when I was their age. I came to realize how ineffective that kind of response was. If you are bleeding, it does not help you for me to tell you how badly I bled in the past.

Achieving soulful parental love

I would describe parental love as the willingness and courage to make a passionate commitment of time, attention a learning—about yourself as well as y children. It takes a lot to achieve sou parental love. But a good place to star in establishing rapport with your ch When you establish rapport, you stand your child's shoes; you experience world from her point of view. Here some ways to establish rapport:

One kind of rapport is called mirr ing. You can sit, squat or kneel wh you're talking to your child, to get do to her eye level. You can also mir what your child says and the way says it, by repeating her words and lo ing at her face to gauge her feelin Even if you're not sure what your chil feeling, you can gain rapport by sim reporting what you observe: "I see t your teeth are clenched"; "Your eyes cast down."

A second way to establish rapport is have *empathy* for your child's feelin For example, I used to tease my s Sometimes he liked it, other times he erated it, and yet other times he hated I can remember teasing my son, think he was having fun, and suddenly rea ing he had started to cry. I wasn't aw enough to *hear* when he was telling me stop. When children say "I don't want play" or "I'm afraid," they *really mean* When they cry, they are *really sad*.

A third way to *(continued on page*

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continued from page 90

establish rapport with your child is to know as much as you can about the stages of childhood development and your child's needs at each of these stages. You don't have to be an expert, but you do need to know some basic things.

A child's needs

The two most important questions that parents must respond to are: What does the child need at each stage of development in order to become fully human? What does the parent need to provide so that the child's soulfulness can emerge? As you try to answer these questions, keep these two ideas in mind:

A child needs to feel special. Each child is born with an inherent sense of her own value. Each child is unique. Each will follow life's biological plan in a slightly different way. Parental love ensures that a child's specialness and uniqueness can unfold.

A child is inherently strong. I was an overprotecting and fearful father, just as my parents were overprotecting and anxiety-ridden. As a child, I learned to distrust everything, including life. Animals have an innate trust of life, and we can learn from them. They care attentively for their young while their young are helpless, but then just as surely let them go, knowing somehow that life has provided adequate strength for their development.

A child's stages

Our job as parents is to slowly but surely work ourselves out of a job. As humans mature, we move from environmental support to self-support; self-support starts with separation and individuation. Knowledge of human development helps us recognize the stages at which our child is trying to do just that. Here are the stages I've observed.

Infancy: basic security. Infants need to be held a lot. They have a basic need for physical warmth. Most authorities believe that you cannot spoil an infant. Infants need the echoing and soothing voice of a mothering person, which allows them to gradually internalize sounds of nurturing safety to draw upon when their mothers must leave them. These internal voices become the core of our self-soothing internal dialogue.

Infants need a feeling of welcoming security. This comes from the way they are touched and spoken to. They also need to learn to trust that the source of their security will be there no matter what. No mothering source is perfect, so there will be delays. But the breast or bottle *will* come. There will be reassurance and comfort.

Infancy is a time to be admired and fussed over; this is how a child comes to feel special. When infants know that they will not be abandoned, that they will be taken care of and that they are special, then their needs are met.

Toddlers: testing the limits. At around seven months, the stirring of innate curiosity will move children to begin exploring their surroundings. A child needs to test his limits, to see how far they can expand. But a child also needs the protection of limits if he is to embrace his own humanity.

The exploration-and-separation stage intensifies as the child begins toddling toward autonomy and individuality. Somewhere around eighteen months, each child will begin to test his willpower. The toddler will be obstinate and maddeningly stubborn. This expression of willfulness is the child's true self emerging. I think families should celebrate the first time a child says no just as much as they do the child's first word or first step. This is a benchmark in becoming a human being.

Families should celebrate the first time a child says no just as much as they do the child's first word or first step. This is a benchmark in becoming a human being.



If Mom and Dad are still children themselves, the clash of wills can be ferocious, and the child will lose this battle. The parents are unable to let the children have their own willpower, their anger or their sexuality, because the parents were forbidden to have their own as children. The parents will unconsciously act like their own parents and will do to their child what was done to them. Or the reverse can happen: Very needy parents—parents who didn't feel secure as children—may be afraid to set limits for their child. As the child goes through each developmental stage, the parents will have to deal with their own issues relating to that stage. If the issues are unresolved, the parents will regress. Many parent-child power st gles are, in reality, inner-child-to-c struggles.

Your toddler needs the protectio limits: To refuse to set limits is sive and often causes severe insecuri the child. Keep in mind, though, your toddler is not bad or perverse. willfulness is not an innate inclina toward evil. She is a normal, r bunctious, exuberant child wh struggling to be psychologically h If you shame and punish everyt she does, you will block her new c toward individuality.

Setting limits means that *you* mus and react responsibly. What I urge is you minimize the shaming. To t child "I'm angry; I'm trying to read, you keep interrupting me. I want yo play with your toys and be quiet" certainly not always work. But it les the risk of shaming and mystification tell a child "You're being a brat; stop ing so selfish. One more sound, and spank you" might not be disastrous, it greatly increases the risk of shan your child. In the first example, the ent is setting a clear boundary: "H what's going on under my skin. I'm gry, and here's what I want from you. the second example, the parent is in ing the child's very being.

Preschoolers: emotional empowerment. first thing one notices about a chil emotion. They may be frightened, s ing, interested, joyous, curious, sad o gry. Children do not develop consis logical thought until around age se but they are emotional beings from very beginning.

Learning to differentiate thinking emotions is an important task for schoolers. Parents can help by ic tifying their *own* emotions—"I'm right now," "I'm very happy"—and naming their child's emotions—"I and hear that you are angry." Instea punishing a child for expressing an we should acknowledge it. Like sa no, anger is a boundary. When a chi angry, he is defending himself. Ang the emotion that gives us energy to f for what we want.

Children cannot always have what want, but their anger needs to be knowledged. Without anger, a child comes a doormat and a conform people-pleaser. Anger is not the sam such destructive behaviors as hitt cursing and destroying property. We teach our children (and ourselves) to and express anger without acting it ou destructive ways.

Many parents who have had th own anger repressed try to be nice m and dads until they can't take it longer, and then they explode with r The children get the (contin

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Safety Note Concerning Children – The amounts of nicotine that are tolerated by adult smokers can produce symptoms of poisoning and could prove fatal if a Nicotrol system is applied or ingested by children or pets. Used 15 mg/day systems contain about 40% (10 mg) of its initial drug content. Therefore, patients should be cautioned to keep both the used and unused Nicotrol systems out of the reach of children and pets.

PRECAUTIONS

The patient should be urged to stop smoking completely when initiating Nicotrol therapy (see DOSAGE AND ADMINISTRATION). Patients should be informed that if they continue to smoke while using Nicotrol systems, they may experience adverse effects due to peak nicotine levels higher than those experienced from smoking alone. If there is a clinically significant increase in cardiovascular or other effects attributable to nicotine, the treatment should be discontinued (see WARNINGS). Physicians should anticipate that concomitant medications may need dosage adjustment (see Drug Interactions).

Use of Nicotrol systems beyond 5 months by patients who stop smoking should be discouraged because the chronic consumption of nicotine by any route can be harmful and addicting.

Allergic Reactions – In a 3-week open-label dermal irritation and sensitization study of Nicotrol systems applied 23 hours per day, 3 of 215 patients (1.4%) exhibited definite erythema at 24 hours after application. Upon rechallenge, none of the subjects exhibited any contact allergy. In the efficacy trials erythema following system removal was typically seen in 7% of patients, edema was seen in 3%, and dropouts due to skin reactions were reported in 1% of patients. Severe skin reactions were not observed in either of the trials.

Patients who exhibit contact sensitization should be cautioned that a serious reaction could occur from exposure to other nicotine-containing products or smoking.

Patients should be instructed to discontinue promptly the use of Nicotrol systems and contact their physicians in the case of severe or persistent local skin reactions at the site of application (e.g., severe erythema, pruritus, or edema) or a generalized skin reaction (e.g., urticaria, hives, or generalized rashes).

Skin Disease – The Nicotrol system is usually well tolerated by patients with normal skin, but may be irritating for patients with some skin disorders (psoriasis, atopic or eczematous dermatitis).

Cardiovascular or Peripheral Vascular Diseases – The risks of nicotine replacement in patients with certain cardiovascular and peripheral vascular diseases should be weighed against the benefits of including nicotine replacement in a smoking cessation program for them. Specifically, patients with coronary heart disease (history of myocardial infarction and/or angina pectoris), serious cardiac arrhythmias, or vasospastic diseases (Buerger's disease, Prinzmetal's variant angina) should be carefully screened and evaluated before nicotine replacement is prescribed.

Tachycardia occurring in association with the use of Nicotrol therapy was reported occasionally. If serious cardiovascular symptoms occur with the use of Nicotrol systems, the therapy should be discontinued.

Nicotrol therapy should generally not be used in patients during the immediate post-myocardial infarction period or in patients with serious arrhythmias or with severe or worsening angina pectoris.

Renal or Hepatic Insufficiency – The pharmacokinetics of nicotine have not been studied in the elderly or in patients with renal or hepatic impairment. However, given that nicotine is extensively metabolized and that its total system clearance is dependent on liver blood flow, some influence of hepatic impairment on drug kinetics (reduced clearance) should be anticipated. Only severe renal impairment would be expected to affect the clearance of nicotine or its metabolites from the circulation (see Pharmacokinetics in full prescribing information).

Endocrine Diseases – Nicotrol therapy should be used with caution in patients with hyperthyroidism, pheochromocytoma, or insulin-dependent diabetes, since nicotine causes the release of catecholamines by the adrenal medulla.

Peptic Ulcer Disease – Nicotine delays healing in peptic ulcer disease; therefore, Nicotrol therapy should be used with caution in patients with active peptic ulcers and only when the benefits of including nicotine replacement in a smoking cessation program outweigh the risks.

Accelerated Hypertension – Nicotine therapy constitutes a risk factor for development of malignant hypertension in patients with accelerated hypertension; therefore, Nicotrol therapy should be used with caution in these patients and only when the benefits of including nicotine replacement in a smoking cessation program outweigh the risks.

Information for Patient – A patient instruction sheet is included in the package of Nicotrol systems dispensed to the patient. It contains important information and instructions on how to use and dispose of Nicotrol systems properly. Patients should be encouraged to ask questions of the physician and pharmacist.

Patients must be advised to keep both used and unused systems out of the reach of children and pets.

Drug Interactions – Smoking cessation, with or without nicotine replacement, may alter the pharmacokinetics of certain concomitant medications.

May Require a Decrease in Dose at Cessation of Smoking	**Possible Mechanism**
Acetaminophen, caffeine, imipramine, oxazepam, pentazocine, propranolol, theophylline	Deinduction of hepatic enzymes on smoking cessation
Insulin	Increase of subcutaneous insulin absorption with smoking cessation
Adrenergic antagonists (e.g., prazosin, labetalol)	Decrease in circulating catecholamines with smoking cessation

May Require an Increase in Dose at Cessation of Smoking	**Possible Mechanism**
Adrenergic agonists (e.g., isoproterenol, phenylephrine)	Decrease in circulating catecholamines with smoking cessation

Carcinogenesis, Mutagenesis, Impairment of Fertility – Nicotine itself does not appear to be a carcinogen in laboratory animals. However, nicotine and its metabolites increased the incidences of tumors in the cheek pouches of hamsters and forestomach of F344 rats, respectively, when given in combination with tumor-initiators. One study, which could not be replicated, suggested that cotinine, the primary metabolite of nicotine, may cause lymphoreticular sarcoma in the large intestine in rats.

Neither nicotine nor cotinine were mutagenic in the Ames *Salmonella* test. Nicotine induced repairable DNA damage in an *in vitro* test system. Nicotine was shown to be genotoxic in a test system using Chinese hamster ovary cells. In rats and rabbits, implantation can be delayed or inhibited by a reduction in DNA synthesis that appears to be caused by nicotine. Studies have shown a decrease in litter size in rats treated with nicotine during gestation.

PREGNANCY – Pregnancy Category D (see WARNINGS section).

The harmful effects of cigarette smoking on maternal and fetal health are clearly established. These include [illegible] an increased risk of spontaneous abortion, and increased perinatal mortality. The specific effects of [illegible] on fetal development are unknown. Therefore, pregnant smokers should be encouraged to attempt cessation using educational and behavioral interventions before using pharmacological approaches.

Spontaneous abortion during nicotine replacement therapy has been reported, as with smoking, nicotine contributing factor cannot be excluded.

Nicotrol systems should be used during pregnancy only if the likelihood of smoking cessation justifies the potential risk of using Nicotrol systems by the pregnant patient, who might continue to smoke.

Teratogenicity – *Animal Studies*: Nicotine was shown to produce skeletal abnormalities in the offspring of mice when given doses toxic to the dams (25 mg/kg IP or SC).

Human Studies: Nicotine teratogenicity has not been studied in humans except as a component of cigarette smoke (each cigarette smoked delivers about 1 mg of nicotine). It has not been possible to conclude whether cigarette smoking is teratogenic to humans.

Other Effects – *Animal Studies*: A nicotine bolus (up to 2 mg/kg) to pregnant rhesus monkeys caused acute hypercarbia, and hypotension (fetal and maternal concentrations were about 20 times those achieved after smoking one cigarette in 5 minutes). Fetal breathing movements were reduced in the fetal lamb after intravenous injection of 0.25 mg/kg nicotine to the ewe (equivalent to smoking 1 cigarette every 20 seconds for 5 minutes). Uterine blood flow was reduced about 30% after infusion of 0.1 µg/kg/min nicotine to pregnant rhesus monkeys (equivalent to smoking about six cigarettes every minute for 20 minutes).

Human Experience: Cigarette smoking during pregnancy is associated with an increased risk of spontaneous abortion, low birth weight infants, and perinatal mortality. Nicotine and carbon monoxide are considered the most likely mediators of these outcomes. The effects of cigarette smoking on fetal cardiovascular parameters have been studied near term. Cigarettes increased fetal aortic blood flow and heart rate and decreased uterine blood flow and fetal breathing movements. Nicotrol systems have not been tested in pregnant women.

Labor and Delivery – Nicotrol systems are not recommended for use during labor and delivery. The effects of nicotine on a mother or the fetus during labor is unknown.

Use in Nursing Mothers – Caution should be exercised when Nicotrol systems are administered to nursing women. The safety of Nicotrol therapy in nursing infants has not been examined. Nicotine passes freely into breast milk; the milk to plasma ratio averages 2.9. Nicotine is absorbed orally. An infant has the ability to clear nicotine by hepatic first pass clearance; however the efficiency of removal is probably lowest at birth. Nicotine concentrations in milk can be expected to be lower with Nicotrol systems when used while awake than with cigarette smoking, as maternal plasma nicotine concentrations are generally reduced with nicotine replacement. The risk of exposure of the infant to nicotine from Nicotrol therapy should be weighed against the risks associated with the infant's exposure to nicotine from continued smoking by the mother (passive smoke exposure and contamination of breast milk with other components of tobacco smoke) and from Nicotrol therapy alone or in combination with continued smoking.

Pediatric Use – Nicotrol therapy is not recommended for use in children because the safety and effectiveness of Nicotrol therapy in children and adolescents who smoke have not been evaluated.

Geriatric Use – Seventy-nine patients over the age of 60 participated in clinical trials of Nicotrol therapy. Nicotrol therapy appeared to be as effective in this age group as in younger smokers.

ADVERSE REACTIONS

Assessment of adverse events in the 509 subjects who participated in controlled clinical trials is complicated by the occurrence of GI and CNS effects of nicotine withdrawal as well as nicotine excess. The actual incidence is both are confounded by the smoking of many patients. When reporting adverse events in the trials the investigators did not attempt to identify the cause of the symptom. No serious adverse events were reported during the trials.

Topical Adverse Events – The most common adverse event associated with topical nicotine is a mild and self-limited erythema, pruritus, or burning at the application site, which was seen at least once in 47% of patients using Nicotrol systems in the efficacy trials. Local erythema after system removal was noted at least once in 7% of patients, and local edema in 3%. Erythema generally resolved within 24 hours. About 1% of patients dropped out of the clinical trials due to skin reactions; none had classical contact sensitization (see PRECAUTIONS, Allergic Reactions).

In the clinical trials performed (one Danish and one U.S. clinic), fewer total patients were used than in trials of other nicotine transdermal systems, and fewer adverse reactions were reported than in U.S. trials with other systems achieving comparable blood levels. Therefore, the systemic adverse event rates in the two sections below are based in part on 1200 patients treated with systems delivering comparable rates of nicotine per hour.

Probably Causally Related – The following adverse events are believed related to Nicotrol treatment based on experience in clinical trials.

Nervous system: Dizziness*
Musculoskeletal system: Arthralgia†
Skin and appendages: Rash,† sweating†
*reported in 3% to 9% of patients.
†reported in 1% to 3% of patients.
Complaints occurring in fewer than 1% are not listed.

Causal Relationship UNKNOWN – Adverse events reported in active- and placebo-treated patients at about the same frequency in clinical trials are listed below. The clinical significance of the association between Nicotrol treatment and the following events is unknown, but they are reported as alerting information for the clinician.

Body as a whole: Back pain,* pain†
Digestive system: Abdominal pain,* constipation,* diarrhea,† dyspepsia,† flatulence,† nausea,* vomiting*
Musculoskeletal system: Myalgia†
Nervous system: Concentration impairment,† depression,† headache,* insomnia,† nervousness†
Respiratory system: Cough increased,† sinusitis†
Special senses: Taste perversion†
Urogenital system: Dysmenorrhea†
*reported in 3% to 9% of patients.
†reported in 1% to 3% of patients.
Complaints occurring in fewer than 1% are not listed.

DRUG ABUSE AND DEPENDENCE/OVERDOSAGE

For further information, please see full prescribing information.

DOSAGE AND ADMINISTRATION

Patients must desire to stop smoking and should be instructed to *stop smoking immediately* as they begin Nicotrol therapy during waking hours. The patient should read the patient instruction sheet on Nicotrol therapy and be encouraged to ask any questions. Treatment should be initiated with the Nicotrol 15 mg/day system. Those patients should continue the treatment (one system each day) for 4-12 weeks of therapy. The patient should stop smoking cigarettes completely during this period. If the patient is unable to stop cigarette smoking within 4 weeks, Nicotrol therapy should be stopped, since few additional patients in clinical trials were able to abstain after this.

Recommended Dosing Schedule

Dose	Duration
Nicotrol 15 mg/day	First 12 weeks
Nicotrol 10 mg/day	Next 2 weeks[a]
Nicotrol 5 mg/day	Last 2 weeks[b]

[a] Patients who have successfully abstained from smoking should have their dose of nicotine reduced after the 2-4 weeks of treatment until the Nicotrol 5 mg/day dose has been used for 2-4 weeks.
[b] The entire course of nicotine substitution and gradual withdrawal should take 14-20 weeks. The use of Nicotrol therapy beyond 5 months has not been studied.

The Nicotrol system should be applied promptly upon its removal from the protective pouch to prevent loss of nicotine from the system. The Nicotrol system should be used only when the pouch is intact to assure that the product has not been tampered with.

A Nicotrol system should be applied only once a day to a non-hairy, clean, and dry skin site on the upper body or the hip. Each day a Nicotrol system should be applied upon waking and removed at bedtime.

Caution – Federal law prohibits dispensing without prescription.

Product information as of March 5, 1992 9854

Manufactured by Cygnus Therapeutic Systems for Kabi Pharmacia, Sweden.

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v to be a more loving parent

nued

mulations of many little angers in big dose. When a parent rages and s, the child represses his own anger. more the parent controls the child way, the more the child is being set o rage at his own children later on.

arents can equip their child to han- life's many threatening events by repressing anger: They can show r own anger responsibly (without ng at the child), and they can ac- wledge their child's anger without ing the child. Without anger, a child l-equipped to handle life's big and e threats.

ool-age kids: the need to refuel. Child- d is a prolonged farewell. From the nent children are born, they begin to elop their own unique identities. y do so by exploring and expanding r experience. Every explorer needs a ne base to return to for fresh supplies, children are no exception. "Refuel- " describes the need all children have an unfailing source of security. As dren grow older, they venture farther need to refuel less and less. One day leave home physically. Usually by dle age they have also left home psy- logically. Maturity calls on us to be own refueling source.

hildren need different forms of refu- g as they grow. School-age children moving out into a larger social ere. They need to have friends, and to n to give and take, to play, and to pete. Learning how to win and lose important issue. Children need con- ing support from their parents when y go to school. At school, children n quickly that our society has rigid ndards of judgment. School can be gher than a dysfunctional family! ools are often perfectionistic, un- nocratic and authoritarian. Children learn quickly that some kids are rich thletic or physically attractive, while ers are poor, unathletic or unattrac- . In short, they learn that there is so- inequality.

What you can do is give your school- child time and attention. Make home *me*—a place to refuel when they feel rburdened by school, homework and r newfound sense of social inequality. especially gentle with children who not physically attractive or athletically ined, or who are different in any way. s difference may later become the core heir soulfulness, but school and peers drive it underground unless you of- consistent support.

arent's mistakes

ough all these stages, parents need to w their kids that they are only hu- n—that they are not perfect. Someone said that good parents are like reference librarians: They can find things out but do not profess to have all the answers. In contrast, many adults present their opinions and actions as if they were perfect. I've heard many a patient say, "My mom/dad would die before admitting making a mistake."

Parents need help. We don't have to have all the answers; we are limited in our perceptions. There needs to be a big place for mistakes in a family. Mistakes are our great teachers. We need to be able to apologize for our big mistakes and laugh at our little ones. Laughter, joy and fun in a family are perhaps the greatest medicines of all. Humor is one of our specially human traits; when family members can laugh with one another and at themselves, this is a sure sign that the family is emotionally healthy.

Parents also need to love life. Children who experience parents who value the preciousness and mystery of life will come to desire life. Children need to plant flowers and watch them grow. They need puppies, kittens and rabbits. Children need laughter and joy and celebration. They need creativity. Creativity enriches the imagination, and imagination is the primary activity of the soul.

Above all, what your children want is to matter to you. "Special time"—two hours alone with Mom or Dad on Saturday—can go a long way to make up for the absences because of work and the many other pressures of life. Children want your time. Their souls know that what you give your time to is what you love. If I had it to do over, I'd give them more time. For as tough as parenting is, let me tell you that your children will be gone in the twinkling of an eye. ■



Petroleum jelly doesn't work with condoms.

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Doctors know that petroleum jelly and other oil-based products break down the latex of condoms and diaphragms, making them unreliable. And doctors also believe petroleum jelly products may hide early signs of infection. Quite simply, using petroleum jelly with condoms exposes you to the risk of sexually transmitted diseases and unplanned pregnancy.

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INFANTS

1. LEGGY LARRY THE OCTOPUS
Velvety soft and primary-colored, Larry has a soft chime sound. Jolly USA, $8.99.



2. FLAVIA FOR BABY
Just like the dolls you remember, these huggable playmates are just the thing for newborns on up. Applause, $9.

3. FINGER PUPPETS
Puppets that stay snug (honest) on little fingers. Plush velvet in bright



colors, $10. Contact Fire Robin Puppets, 802-434-3133, for nearest retailer.

4. BABY WIGGLES MOBILE BOOKS,



by Lizi Boyd. Combine a sturdy, colorful book with a punch-out cardboard mobile (string included), and what do you have? A great gift for the baby in your life. Workman Publishing, $8.95.



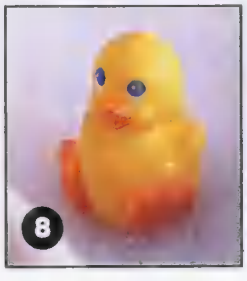
5. DISCOVERY BEADS
A portable activity toy for on-the-go kids. Fisher-Price, $6.99.

TODDLERS

6. BABY'S SEWING BOX, TOOL BOX
Anything you can do, they can do better. Like Mom's and Dad's, only safer; great for fine-motor skills. Fisher-Price, $9.99 each.

7. TAKE-A-TURN PUZZLE
Three toys in one: a number-learning toy, a stencil, even a cookie cutter. Little Tikes, $9.

8. TALKIN' TUB BUDDYS
Every kid needs a rubber ducky, and why not one that quacks? We





couldn't help it, but this made us *all* giggle. My First Buddy, $8.

9. ENDANGERED ANIMAL SOAP MINIATURES



Splish, splash, they'll love taking a bath with this set of six soaps for the environmentally conscious family. Escorial, Inc. (31 East 28th St., NY, NY 10016), $7.99

PRESCHOOLERS

10. PADDLEBOAT
A hardwood boat that's just what a toy should be



simple and fun—and it really moves. Great in the tub or at the beach. HearthSong, $7.95. (Available at their stores, or call 800-325-2502.)

11. TROPICAL JUMBO MARKER SET



Twelve jumbo markers plus stickers, sketch pad, pencil, sharpener and eraser in their own



tote case. Crayon Factory, $9.

12. KALEIDOSCOPE

Turn the binocular-style eyepiece and watch the multicolored images spin and twirl. Playskool, $9.99.

13. MR. MIGHTYMIND

Keep them busy for hours with colored wood shapes that make myriad puzzles and teach basic math concepts at the same time. Leisure Learning Products, Inc, $9.95.

SCHOOL-AGE

14. ZOETROPE



Move over, Steven Spielberg. Budding filmmakers can make their own moving pictures. DaMert, $10.

15. STAMP OR FOSSIL COLLECTING BOOK



This series just might inspire a hobby. The books are written by experts, and the starter packs get youngsters going. Choose from coin, rock, baseball-card or stamp-collection books. Start Collecting Series from Running Press, $9.95.

16. GREAT GREETINGS

Kids can make their own cards—birthday, holiday, whatever—with this take-it-with-you kit. Hasbro, $7.99.

17. STAMP OUT BUGS!

Creepy-critter rubber stamps to decorate



notebooks, stationery; plus info on each animal. Rubber Stampede, $7.95.



ROBOT REDUX

He's not cheap—but he *is* funny and educational. 2-XL, redesigned from the seventies, asks questions and offers encouragement and friendly teasing as he teaches kids about everything from astronauts to zebras. Under $50. From Tiger Electronics.

CHARGE!

You remembered to buy batteries for holiday gifts, so you figured you had thought of everything. Wrong. Just when you're ready to collapse with fatigue, those little batteries stop working. Now what? Well, if you'd also bought one of the new battery rechargers, you'd be having a merrier Christmas. A charger isn't cheap (about $12 to $20), but neither is constantly replacing old batteries. Plugs into any socket, recharges within a few hours.

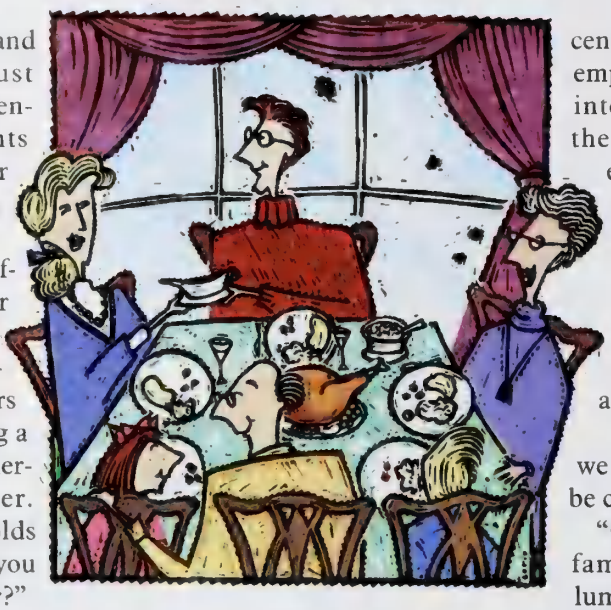
PLAYING SAFE

. . . the Consumer Product Safety Commission wants to remind toy-buyers that the ages marked on the boxes of toys are based on safety considerations, not developmental ability. Thus, a game or toy marked, say, "Ages two and up" does not mean that your oh-so-smart twenty-month-old can't figure it out, but rather that there just might be small parts in that box potentially dangerous to children younger than two.


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Lost Mittens
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Kids
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Same time, next year

A SPECIAL HOLIDAY VISIT BY JOAN LEONARD



It is Christmas morning, and the children have just opened their overly expensive, impractical presents and are now arguing over Sesame Street stickers found in their stockings. I survey the rubble, take another sip of coffee and start planning dinner in my head. My father is reloading his camera, my husband has sneaked back upstairs to bed on the pretense of taking a shower, and my mother is gathering crumpled wrapping paper. She presses each sheet out, folds it and asks, "Now, where do you keep your used wrapping paper?"

Would I actually have a place for used wrapping paper when I don't even have a place for the daily newspapers? The fact is, I will never be as organized as my mother, and their annual Christmas visit makes that glaringly obvious. Still, each year, it is I who insist that they come even though after a day or so everyone gets on one another's nerves, and my husband and I come close to divorce.

Each November, my husband lobbies for Christmas Away. He paints dazzling pictures of the four of us lying on a beach in some warm paradise. But this year found him grumbling again about making up the sofa bed instead of mixing piña coladas. My husband, who grew up in New York City as an only child accustomed to personal privacy, finds it difficult to respond to my parents' endless questions and our Midwest togetherness. He copes by hiding out in our bedroom. This always prompts my mother to suggest that he might have some bizarre sleeping disorder since he appears to need fourteen hours of sleep a night.

ONE MOTHER'S STORY

The rest of the morning passes by in a flurry of activity. There is church, and then lunch, which is served on the heels of a hearty breakfast and which exhausts me, since I spend most of it trying to get my husband to participate in the conversation. Instead, he responds to my father's questions about our attic insulation with noncommittal grunts and glances at his wristwatch.

Immediately thereafter, my mother and I begin preparing dinner. My husband goes upstairs for his afternoon nap, and Dad settles down to recharge his flash and clean his lenses.

My mother is running a damp paper towel ("Where do you keep your cleaning cloths?") over the dining-room baseboard when our guests arrive. My husband emerges from the bedroom and prepares drinks. Our son plays ball with my pinecone centerpiece while our daughter empties my cousin's cigarettes into the jalapeño dip. My father sets up his tripod at the entrance to the dining room at the same moment I try to squeeze by with the mashed potatoes.

My husband follows me into the kitchen and notices my sweating upper lip as I furiously stir the gravy.

"Gravy, huh?" he asks. If we were in the Caribbean, it'd be cocktail time.

"Gravy's a tradition in my family!" I shriek, smashing lumps at the bottom of the pan.

"Okay, okay," he says gently. "I just don't think it's worth all the trouble, do you?"

Before I can answer, we are both blinded by an exploding flash.

"That's a winner," my father says. "Can I help here?"

"Dinner's ready, Dad," I say. "Why don't you call everyone?"

And finally we are all seated around my grandmother's old oak table, a gift from her when I moved from the Midwest years ago. My children sit, still for once, taking for granted the sense of family surrounding them on this day. While my father says grace and all hands are joined, I decide once again that yes, thank you, it is indeed worth the trouble.

"It's snowing," my children shout at the end of the prayer. "Can you take us sledding afterward, Grandpa?"

"Wouldn't miss it for the world!" my father says, beaming.

"Pass the gravy," says my husband, and I wink at him.

What's a couple of piña coladas compared to all this? ■

Required reading for any caring parent:



The back of the Children's NyQuil® label.

d follow all label directions and warnings. © Richardson-Vicks, Inc. 1992


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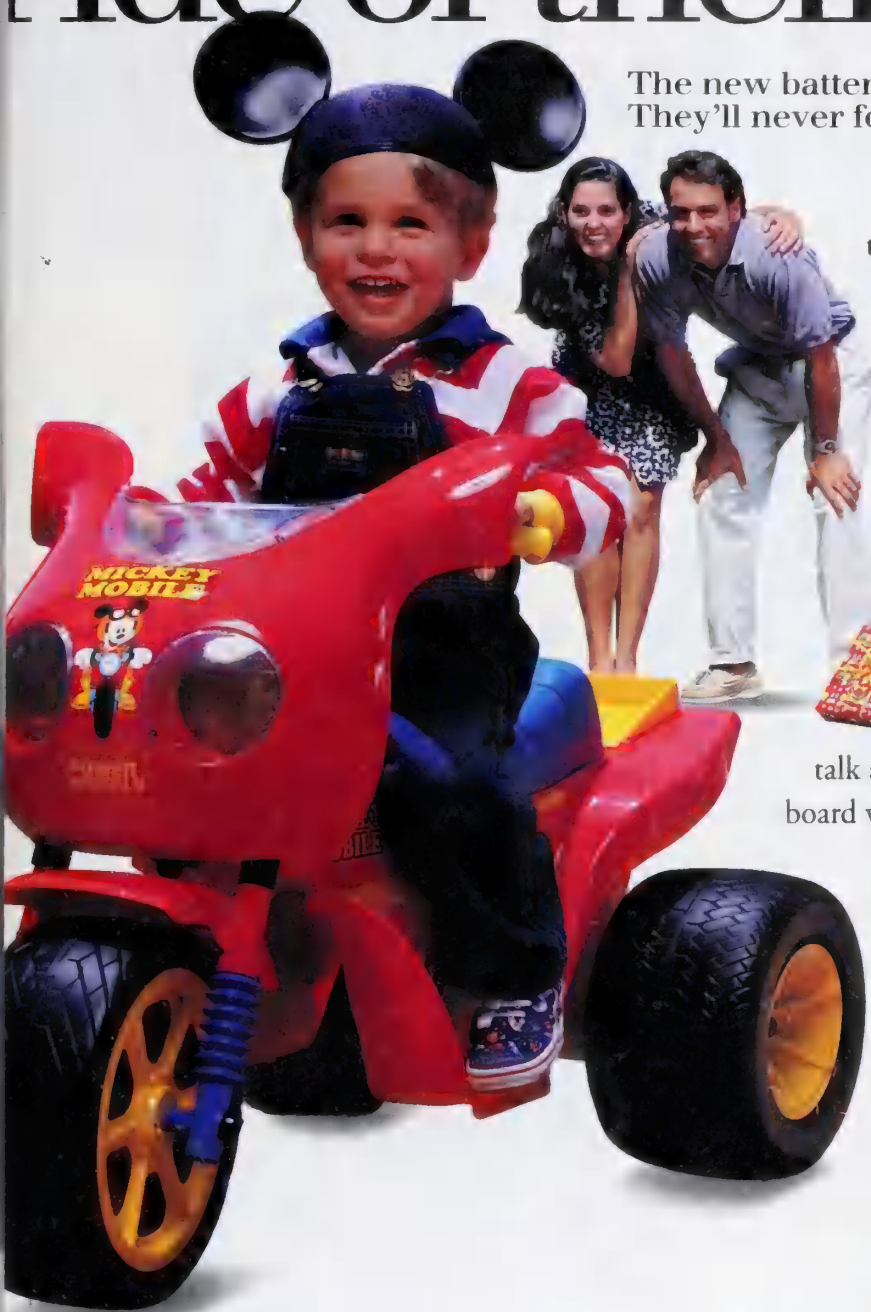


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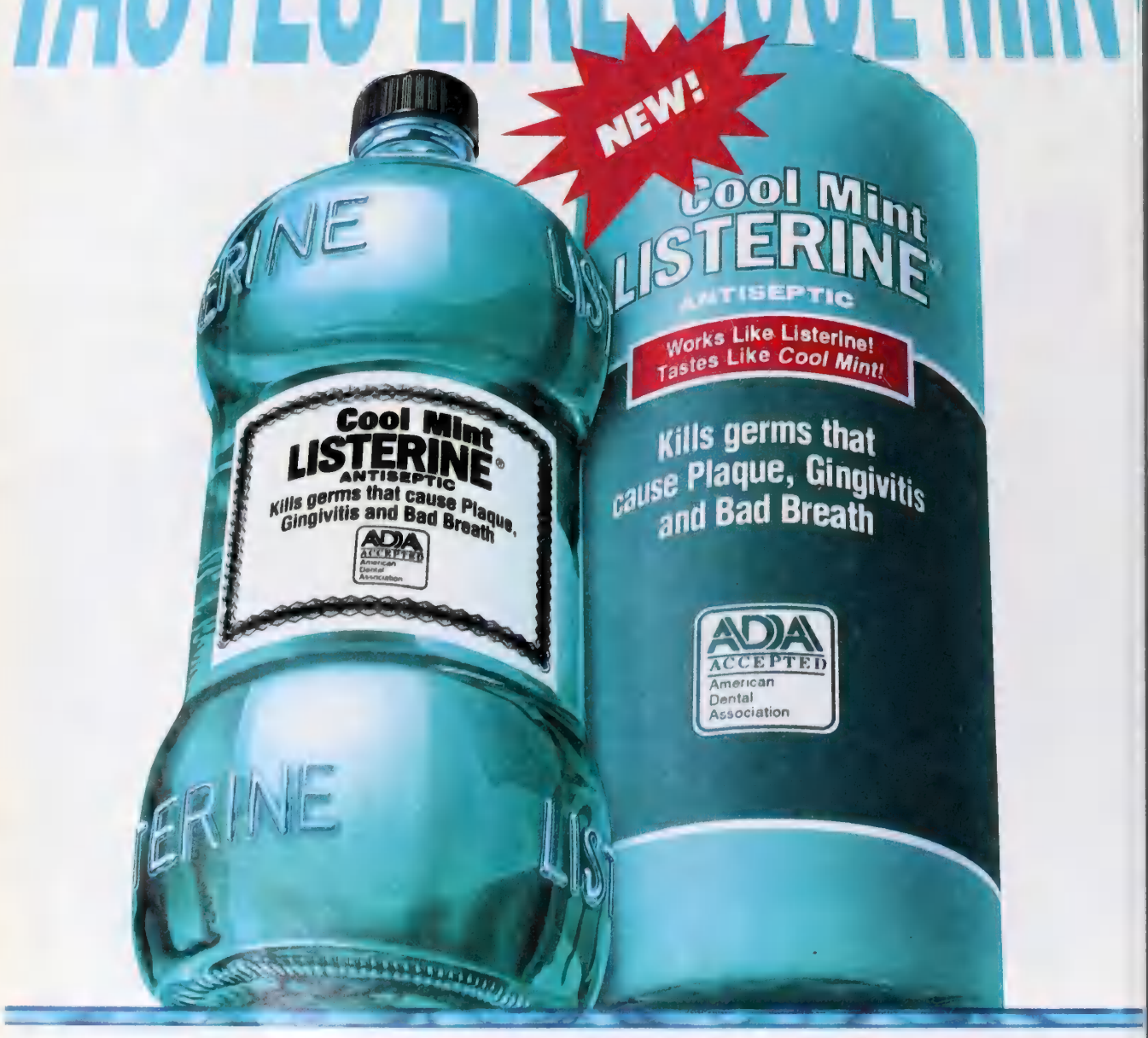
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HOME JOURNAL



Great gifts for under $50

We asked in-house buyers at favorite stores around the country for their picks of holiday presents that look like a million but cost between $10 and $50. Here are their top gift ideas for family, friends and co-workers. By Leslie Lampert



BUYERS FROM COAST TO COAST AGREE, 'TIS THE SEASON FOR QUALITY GIFTS THAT ARE AFFORDABLE AND SURE TO PLEASE EVERYONE ON YOUR CHRISTMAS LIST

Buyer Patty Carrico from JCPENNEY says, "This year we really wanted to give our customers quality items at reasonable prices." Her best bets are the four-piece vanity set (pictured), which includes a tray, bud vase, frame and trinket holder, $29.99, perfect for Mother; a silver-plated photo album, $9.99, which holds one hundred pictures, is a fine gift for a teacher or in-law; Bearly People's Christmas Bears, $38, are cuddly choices for collectors of stuffed animals as well as for little ones; and acrylic lipstick holders, nail-file set, CD rack and photo cubes, *(continued)*


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(continued) each $10, are a few wonderful stocking stuffers.

Stephanie Schlecht, buyer for **PIER 1 IMPORTS** (800-447-4371), says, "Gift-giving is fun and easy with prepacked items from The Market At Pier 1," which includes the Especially Espresso demitasse and spoon collection, $39.99; A Season For All Kids dinnerware (H.J.2), $19.99; and the Tropical Forest Floor Puzzle (H.J.2), $24.99. Buyer Bob Hewes likes the Green Mask home accessory (H.J.2), $29.99, for the friend who collects artifacts.

Greg Cassell, vice president of the epicure and children's departments at **NEIMAN MARCUS**, says that "since food gifts are not geared to gender, you can stock up on beautifully wrapped edibles before you've made your Christmas list." Milk chocolate Sweet Peppers in festive foil (H.J.2), $10, and the Lollipop Kit (H.J.8), $30, are fun for kids and grown-ups; Mrs. Prindables apples, $16 to $18, boast chocolate- and caramel-covered apples with nuts and fruit, says Greg, and are a good offering for the postman, the paperboy or a party ho Unicef dolls (H.J.8), $ each, are a nice way give a gift and a donati at the same time (a p tion of the sales of th culturally diverse clo dolls goes to the U.S. co mittee for Unicef). A Stordahl, vice president Neiman Marcus Gift G leries, is excited by so of the whimsical gifts her department. Gild

"NICELY PACKAGED FOOD GIFTS ARE AN EASY WAY TO SA MERRY CHRISTMAS TO ANYONE WHO LIKES TO EAT."

—Greg Cassell, vice president at Neiman Mar



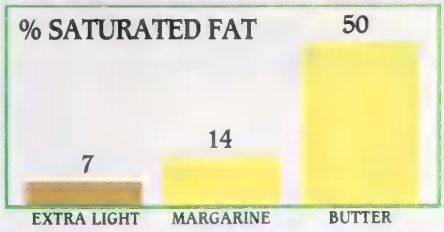
etal Reindeer Candle-cks (H.J.2), $14 to $20 ch, spread cheer; En-sh Book Cassette Cov-s (H.J.2), $19.50, are just e thing for the videotape llector; bird whistles .J.2), $12 to $22, are fun anyone; fabric-covered ff links, $20, are fitting your husband or boss; Red Jingle Bells Candle, 2, is a festive way to say appy Holidays; and ather coin purses .J.8), $50, are a sure bet any woman.

Joanne Hart, fashion director for accessories at **MACY'S** (212-695-4400), loves the *Face Painting* and *Braids & Bows* books for children (H.J.8), $18 each, because they make "fun gifts that also have artistic and educational value." These how-to books include materials, too. Wooden train bookends (H.J.8), $25, are also a good choice for kids. Other shapes include dinosaurs and school buses. For boyfriends, husbands or teenage sons, For men, Joanne recommends Jerry Garcia neckwear, $28.50, designed by the legendary Grateful Dead member, and the crocodile-embossed sunglasses case by Private Eyes, $25. The Crumbled Paper paperweight (H.J.8), $18, makes a cute gift for co-workers and comes in yellow legal paper, green analysis sheets and blue drafting-paper styles. Joanne also recommends clocks from the Lenox Giftware Collection, $50.

The buyers at **TIFFANY & CO.** (800-526-0649) are very proud of their under-$50 category. Dina Clason, senior buyer for leather goods and stationery, is delighted to offer items "that turn daily activities into pleasures," such as the nubuck pocket address books, $20, in salmon, blue and green (great gifts for a friend or office mate). She also favors the sterling silver T-clip purse pen, $40; the crystal water carafe and glass set with *(continued)*

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30 MINUTE MINESTRONE SOUP

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- 1/2 cup sliced celery
- 2 tbsp. Wesson Oil
- 3 14 1/2-oz. cans chicken broth
- 1 15-oz. can Hunt's Tomato Sauce
- 1/2 cup small shell pasta
- 1/4 teaspoon garlic powder
- 1/8 teaspoon pepper
- 1 16-oz. can mixed vegetables, drained
- 1 15 1/2-oz. can Hunt's Red Kidney Beans, drained

In large saucepan, sauté onion and celery in hot oil until tender. Stir in broth and tomato sauce; bring to a boil. Add pasta, garlic powder and pepper. Reduce heat and simmer, uncovered, 10 to 15 minutes or until pasta is tender. Stir in vegetables and beans and heat through. Makes 9 cups.

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Fruit & Walnut Stuffed Chicken

- 3 slices raisin bread, toasted, cubed
- 1 can (8 ounces) crushed pineapple, well-drained
- ½ cup chopped toasted California walnuts*
- ¼ teaspoon cinnamon
- 4 skinless boneless chicken breast halves (about 6 ounces each)
- 1 tablespoon vegetable oil
- ¾ cup ginger ale
- ½ cup Heinz tomato Ketchup
- Dash pepper

For stuffing, combine toast, pineapple, walnuts and cinnamon. Lightly flatten chicken to uniform thickness. Place about ⅓ cup stuffing across center of each chicken breast; fold ends to center and secure with toothpick. Lightly brown chicken in oil on all sides. Combine ginger ale, ketchup and pepper; pour over chicken. Simmer, uncovered, 12 to 14 minutes, basting occasionally. Remove toothpicks before serving. Makes 4 servings (about ¾ cup sauce).

*Note: Instructions for toasting walnuts on other side



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2 cups Orange Raspberry Tropicana Twister Juice Beverage
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PARKE-DAVIS FEMALE HEALTH CARE

The mood of the season

Just another afternoon at Dr. Brill's office—it's snowing, the patients are running late, and everybody's preoccupied. But the holiday spirit is about to work its magic

BY MARGARET A. ROBINSON

In Room 1, Elise, thirty-four, blond and pencil thin, is scaling Mr. Alderman. Room 1 is the first in the row of treatment rooms, on the corridor leading from the reception area, where Marian, the clerk, has her desk. Elise, the hygienist, likes Room 1 because it



has a high window showing an evergreen shrub and the sky. Its seascape print seems to have a calming effect on the patients. Not that Mr. Alderman, a gentleman with a thick white mustache, needs calming. He's relaxed, lying back in the chair. He's her four o'clock, who has become her five o'clock because the afternoon is out of whack.

Right after lunch, an emergency root canal walked in the door. The doctor—Richard Brill, D.D.S.—juggled appointments to fit the patient in. Then around three-thirty, snow flurries started. The snow's not sticking yet, but it's slowing down traffic and making patients late.

Elise is trying to take things in stride. She's been working here only a few weeks, replacing Harriet, who's on maternity leave. Dr. Brill's office has higher standards than the office where Elise used to work. She'd like to stay on, so she wants Dr. Brill and her co-workers to see that these routine crises don't upset her. "Been flossing?" she asks.

Mr. Alderman, who, of course, can't talk with her instruments in his mouth, nods, and winks one bright-blue eye.

"Keep it up," she tells him. "Your gums look good."

He's a peach. Before she started him, he showed her snapshots of his grandchildren. She wants grandchildren someday. But she and Larry seem to be stuck on the first step—kids. Elise moves from Mr. Alderman's bicuspid to his molar, wishing that she could put "pregnancy" on a list and have Santa bring it. Everything was okay until she started taking her temperature, but now Larry is fed up with having to make love the instant her egg bursts out of its follicle. This morning he declared, "Over the holidays we're taking a holiday from The Baby Project." That's fine by her—she could use a break, too. His parents are coming, so she has to roast a turkey and do the whole dinner. She can handle stuffing, but she can't deal with gravy. Lumps. At least tonight there's choir *(continued)*

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practice to look forward to.

"Doing okay?" she says to Mr. Alderman, giving him a breather after she suctions him.

"Yes, indeed."

He really is a dear. She revs up the scaler again and silently sings to its whine:

Lo, how a rose ere blooming,
From tender branch hath sprung.
Of Jesse's lineage coming
As men of old have sung.

Jesse's a good name for a boy. Jessie for a girl. She and Larry have been trying for a year, and so far no roses, no buds. It doesn't seem fair, when Gloria, in Room 2, who is only twenty-four, swears she got pregnant the first time she and Jack took a chance. They were engaged but didn't have the date set, had to hustle to plan a wedding in four months. Some people don't seem to mind breaking the rules, and then they also have all the luck. Elise sighs and gives Mr. Alderman another rest. People's jaws get tired when their mouths stay open.

Next door in Room 2, Dr. Brill is assessing Mr. Daley, who needs a restoration. Dr. Brill is a trim man in his mid-forties, wearing a white dentist's coat, white pants and immaculate white shoes. He thinks Mr. Daley, at twenty-eight, is young for this kind of problem. But people's front teeth see a lot of action. "You chew paper clips?" Dr. Brill asks Mr. Daley playfully. "Nibble ice?"

"Never," says Mr. Daley. "I don't even bite my nails."

Gloria, the dental assistant, smiles reassuringly at Mr. Daley.

Dr. Brill recalls that Mr. Daley works in a bank. Probably punches a computer all day, he thinks. Must be a dull job.

"This is a vulnerable area, so double etch," Dr. Brill tells Gloria.

Then he's off to Room 3 to fill Sam Mott's six-year molar. Sam's thirteen. He's a poor brusher and into candy.

"Hi, there, Sam," Dr. Brill says. "How ya doin'?"

"Runh," Sam mumbles. He looks grumpy. The kid's shaggy brown hair is damp from the snow. Dr. Brill's son is a high school senior, and his daughter is in eighth grade, so he knows that look.

"White stuff's coming down. Bet you hope it piles up for sledding. Let's have a look at that tooth."

Sam opens his mouth, and Dr. Brill probes. "Not so bad. We'll have you out of here in no time."

"After the agony," Sam says.

Dr. Brill loves dentistry. He loves ing things so people feel better. He his darndest to protect his patients pain. So it bothers him when Sam plains.

"Now, you know we don't al agony," Dr. Brill says. "This isn't a filling. Nothing that a little novoc can't take care

"I hate that dle. It's worse the drilling."

"For this qu ie, actually, yo right. Want skip the nee A quick zap we're done?"

Sam's eyes s to go out of f for a seco "Well," he say guess so."

"Terrific. won't last lo Dr. Brill pick his handpi "Open, please."

Sam compl squinching eyes shut and ping the armre

Dr. Brill p down his shield and be It's all a matt control, as most things in Like skiir starting down trail, right, getting the rhy of the mount In a few day could be in mont. Bre wants to go tween Hanuk and New Ye take Nate and Might be their vacation be Nate leaves for lege. Brenda c for reservati but he's holding off on deposit. It's a hell of a lot of money.

"All done," he tells Sam, whose open and whose hands slowly re "Time to patch you up now."

He keeps telling his wife he's n wealthy man. His dad was a tailor, can this country without a dime. Can't she derstand that? Sure, her job bring something, but really, the whole fam on his shoulders. Nate's first tuition ment is due in May. Even as he's thin

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lift tickets cost a fortune, Dr. Brill s down the last slope of Sam's filling feels a tiny triumph. It's a routine cedure, but he did it perfectly. Snowy ks rise from the plain. They're oth, polished. They test your abili-. If you meet the test, you win.

Go easy on the sugar, Sam," Dr. Brill . "Try to brush."

At the same time, back in Room 2, Glo- has been poking tton roll under Daley's tongue. shaped like a bolster for a ch, she thinks, hing she were ie, snuggling on couch with her e boy, Kenny, a plate of istmas cookies. body free of se too-tight sers and into her fy sweat suit. n when Jack gets e, a glass or two ed wine and a er of roast beef, d potatoes, peas, l and coffee ice m with hot- e sauce. Gloria's ach rumbles.

Sorry," she tells Daley. "I'm on a so it keeps do- that." Her goal o shed thirty nds.

r. Daley, who t talk, gives an thered shrug.

oria had a slim- e for breakfast, her for lunch, dinner, if she cs to the pro- , will be minus- . Maybe she ldn't have start- his diet during holidays. And can't even go to mall tonight, Kenny to see Santa. Jack will get to at, the lucky bum. She has to go to gym and work out. Sweating the ds off is part of the program.

e dabs the resin on Mr. Daley's ed tooth, like concealing a flaw in a with frosting. She likes her job, but she's just so hungry she feels she's e wrong line of work. She should been an opera singer. A chef. Any- where it's okay to be fat. She didn't feel so bad until Elise showed up to replace Harriet, telling Gloria, "I believe health-care professionals should be models for their patients in every way." Elise's waist is tiny. She hardly has any butt at all. Gloria was so annoyed she marched out and signed up for the weight-loss program.

Dr. Brill breezes in the door. He likes his patients to know that even at the end of a long day, he's still full of zip. He tests the restoration by having Mr. Daley bite on a square of carbon paper. "How's that feel?"

Mr. Daley clicks his teeth together. "Perfect," he says. Mr. Daley heads out toward the reception desk. Mr. Alderman has gone and so has Sam. Elise is tidying up Room 1. "Looks like we're through," Dr. Brill tells Gloria.

At the desk at one end of the waiting room, Marian, the clerk, taps Mr. Daley's charges into the computer. His first name is Roger, she reads from the screen, and he has a St. David's address. What a coincidence. That's where she lives, too.

"Looks like the snow's starting to stick," she says, glancing past the fish tank to the window. The sill has a half-inch cuff of white.

"Guess so," he says. He's cute, she thinks. Marian smooths an auburn lock behind one ear. She can tell from his records that he's seven years older than she is, single and works at a bank.

"I wonder how the roads are. I'm not looking forward to driving home in this," says Marian. Actually, she's got a little headache from worrying about it.

"Probably not too bad," Mr. Daley says, "but my bus is sure to be late."

The printer spits out Mr. Daley's form, and Marian tears off his copy. "Oh!" she says, as if she just now noticed. "You live in St. David's. That's where I live, too."

"I just moved there," Mr. Daley says. "I like it, except for the commute. I'd had enough of Center City."

"I'm in the Sheldrake Apartments, right on Route 30. I wanted to be on my own, but not too far from my folks, in Villanova. I share with some girls I went to school with."

Mr. Daley straightens his tie. She notices him glancing at her name pin, which announces she is Marian Schultz. "Villanova's my college," he says.

"I graduated from Harcum last year," says Marian.

"We've got some Harcum people at the bank." Marian notes with approval that he doesn't say "Harcum girls." *(continued)*



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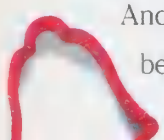


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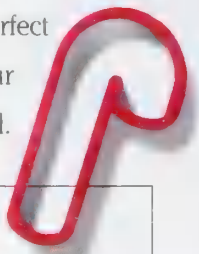
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JELL-O

The mood of the season

continued

Mr. Daley, or, as she's starting to think of him, Roger, takes his overcoat from its hook and puts it on. "Well, out into the blizzard," he says.

Marian takes the plunge. "Listen," she says, "we're just closing up. If you can wait a few minutes, I could give you a lift. I mean, since it's snowing and all. Dr. Brill says that it's unprofessional to socialize with the patients, but don't you think a snowstorm is an exception?"

Mr. Daley looks so grateful, shy and friendly that she knows she's made the right move. "I could wait for the bus, just down the block. If I'm still there when you leave, you could stop for me."

"Okay," she says. He waves good-bye and walks out the door. Feeling pleasantly excited, Marian starts clearing her desk. She and her roommates are giving a holiday party, and she doesn't have a date. Maybe Roger . . .

The door opens again, though there are no more patients on the schedule. "Harriet!" cries Marian. "Welcome, stranger." Harriet's carrying her new baby, James. "We've all been waiting to meet this little guy," Marian says.

Harriet, rosy cheeked and shedding snow, has the baby in a carrier on her chest. "Wouldn't you think I would've visited sooner?" she says. "It's just a ten-minute walk. But he was so colicky for the first few weeks, all he did was scream."

Marian jumps up to see the baby. Harriet flips the blanket back to show him off. James wears a yellow fuzzy knitted hat. He has fine, almost adult, features.

"Ohhh," says Marian. "Can I hold him?"

"Sure," says Harriet, lifting James from the carrier. Before she hands him over, in comes the staff, ready to go home.

"Harriet!" says Dr. Brill, kissing her on the cheek. "Congratulations. Looks like a quality product you've got there."

"Just like Kenny when he was that age," says Gloria.

"Isn't he beautiful?" coos Elise.

"I get to hold him first," says Marian. Harriet places James in her arms. "Gee," says Marian, feeling awkward. "I haven't been around many babies—he's heavier than I thought." James's body is so solid that it surprises her.

"Here, let me take him." Dr. Brill cradles James like an expert. "You have to support their heads," he says, remembering, and then thinks about how you have to support them in every way. Kids are so vulnerable. He pictures himself skiing down a mountain with two babies in his arms, Nate and Liz. He's skilled. They'll make it. As he passes James to Gloria, he decides Brenda is right about this family vacation. He'll send in the deposit.

"My turn," says Elise, who can hardly wait. She lays James against her s der, where the small weight of his leans against her neck. Her skin ab his warmth. She inhales his sweet, dery, milky smell. This is what I she thinks. Oh, please.

"Well," says Harriet, "I'd bette him out of here before he spoils hi age. The kid's got a set of lungs on h

"Let's lock up, folks," says Dr. Everyone crowds out the door in fr him. Cars whish by, headlight wipers going, but the road surfa clear. "This snow's not bad," he joining them on the sidewalk. "Sho cancel anyone's evening plans."

"I have choir practice," Elise says.

"I hope James will conk out while," Harriet says. "Give his poo ents a rest." She sets off on foot to home, turning to wave good-bye.

"I've just decided—I'm taking K to the mall to see Santa," Gloria Both she and Jack will go. You on to do this when your kids are little. she thinks, no more diet, not until the holidays.

"Oh," says Elise. "Going to see sounds like the most fun of all."

"Kenny probably wants a dinos says Gloria. "Not a toy. A real one."

"Well, good night," says Dr. Brill others call, "Good night," and eve tromps off toward their cars.

Gloria slides behind the wheel, fe happy about the prospects fo evening.

Elise plans what she'll do after practice. She'll slip into a new night she's been saving, one Larry will g She and Larry will make love the wa used to, before The Baby Project. Eli a loose, calm feeling in her skin. It st the side of her neck where James rest soft, heavy head against her skin.

Marian gets into her car, then ge to scrape off the snow. There' enough to bother with, but she wa be the last to leave.

After Dr. Brill toots his horn good Marian drives down to the bus Roger's there. She'll pick him up, a she likes him more during the ride, invite him to her Christmas party pulls over to the curb next to where standing. Dr. Brill might not mind even if he finds out, she can explain it was the snow, and the mood of th son. She leans over and opens the for Roger. "Hop in," she says.

"Thanks a million," he says, clim into the passenger seat. "I could waited on the curb for hours."

Marian pulls onto the main r When she glances over at Roger smiles, he smiles back. The road' slippery. The holiday lights, festo along the highway, look festive i snow. Marian feels fine driving. Sh tices that her little headache is gone.



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h its special raspberry-apple-cinnamon taste, the only place our Jolly Good JELL-O® Gelatin Snowman will melt is in your mouth.



w you can have your fun and eat it too!™

JOLLY GOOD JELL-O® GELATIN SNOWMAN

Makes about 5 cups or 10 servings.

3 packages (4-serving size) JELL-O® Brand Raspberry Flavor Gelatin
3 cups boiling water 1 cinnamon stick 2 cups apple juice

Decorations: thawed COOL WHIP® Whipped Topping, cinnamon sticks, sliced fruit, whole cloves.

BRING water and cinnamon stick to boil in medium saucepan. Pour over gelatin in large bowl; dissolve gelatin completely. Stir in apple juice. Remove cinnamon stick.

PLACE snowman or 6-cup mold on tray; pour gelatin into mold. Refrigerate at least 4 hours or until firm.

TO UNMOLD: Dip mold in hot water 10 to 15 seconds. Gently pull gelatin from around edges with moist fingers. Place moistened serving plate on top of mold. Invert and shake slightly to loosen. Gently remove mold.

GARNISH with suggested decorations and Jigglers.™ Refer to package for Jigglers™ directions.

THE CRITICS AGREE

"A must have. Kidsongs makes my list of Top Ten Kids' Videos."

Jeffrey Lyons,
Nationally Syndicated Film Critic





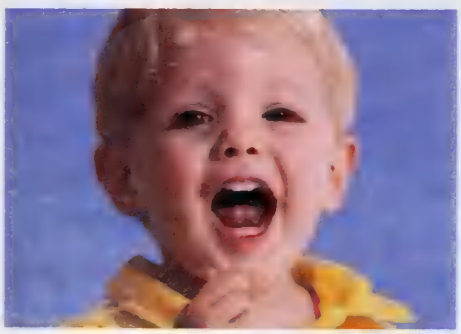
"I watch 'em over and ove
STACY, AGE 3



"*Silly Songs* is my favorite"
KIM, AGE 2½



"I have all twelve"
JOHN, AGE 4



"E-I-E-I-O"
CHRIS, AGE 2

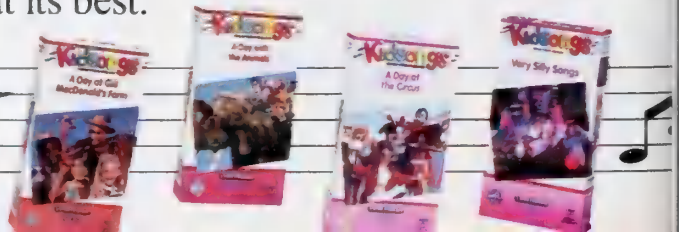


"It's fun to sing and dance alo
VALERIE, AGE

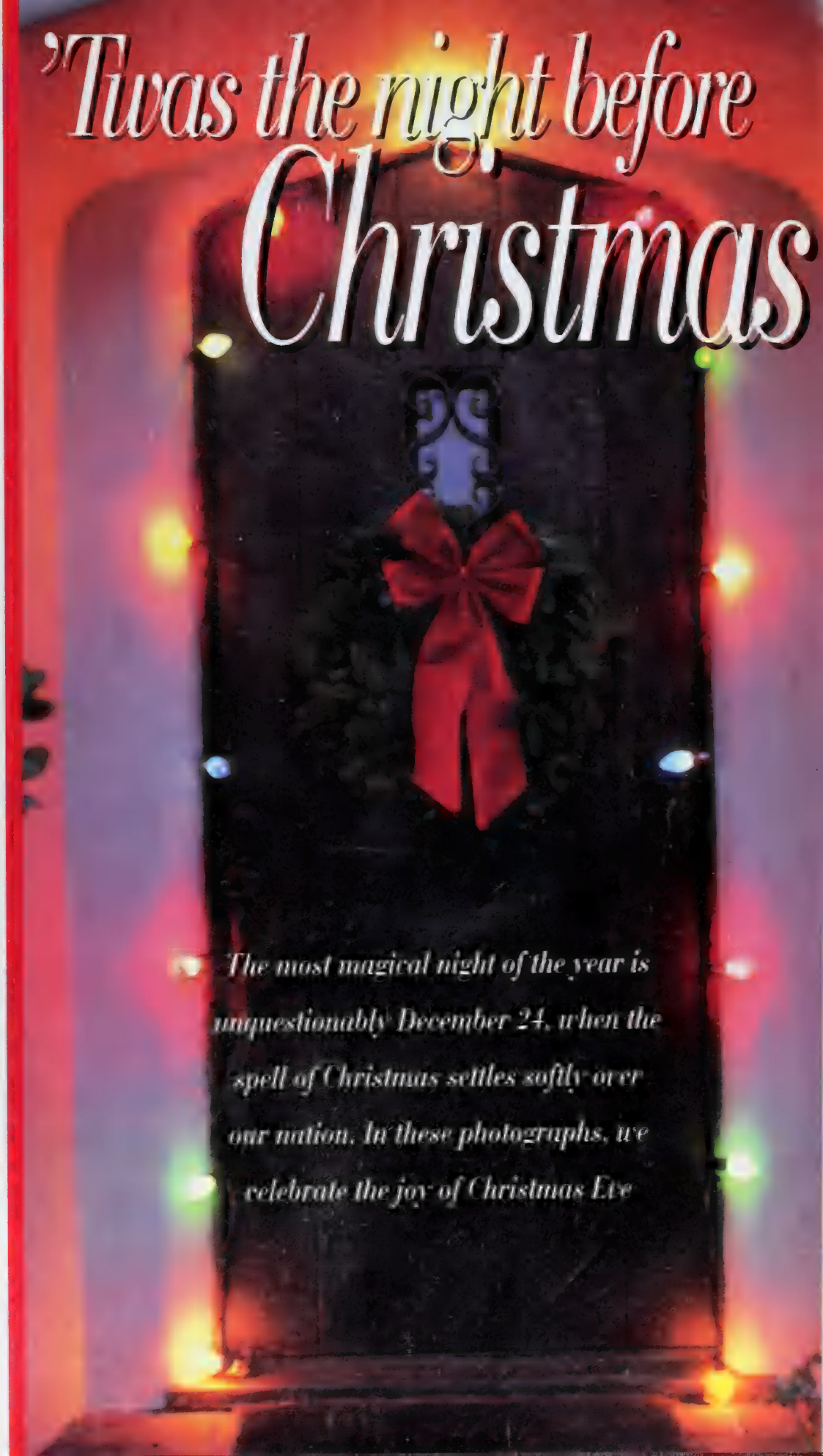
The reviews are in and the Kidsongs Video Collection is a hit! Twelve videos featuring real children in fun settings. Your child will dance and sing along. These are videos you can feel good about, and your kids will love watching them over and over again. Kidsongs—the award-winning videos everyone agrees are entertainment at its best.

Kidsongs®

Kids love 'em.



'Twas the night before Christmas



The most magical night of the year is unquestionably December 24, when the spell of Christmas settles softly over our nation. In these photographs, we celebrate the joy of Christmas Eve

4:30 P.M.

LIGHT THE LIGHTS *In Palo Alto, California, on the street known as Christmas Tree Lane, Gloria Brown flicks on the colored lights that surround her distinctive front door*



ON THE FIELDS WE GO
In the midst of the Vale of England in Wight, Dale Stinchfield and her seventeen-year-old son, John, of Waterbury, Vermont, bring home a freshly cut balsam for their family to trim with treasured ornaments

6:00 P.M.

REINDEER GAMES *On a Santa Fe ranch, two-year-old Kegan Tokerud plays Rudolph, with an antler mask and a very shiny nose. You might even say it glows*



7:05 P.M.

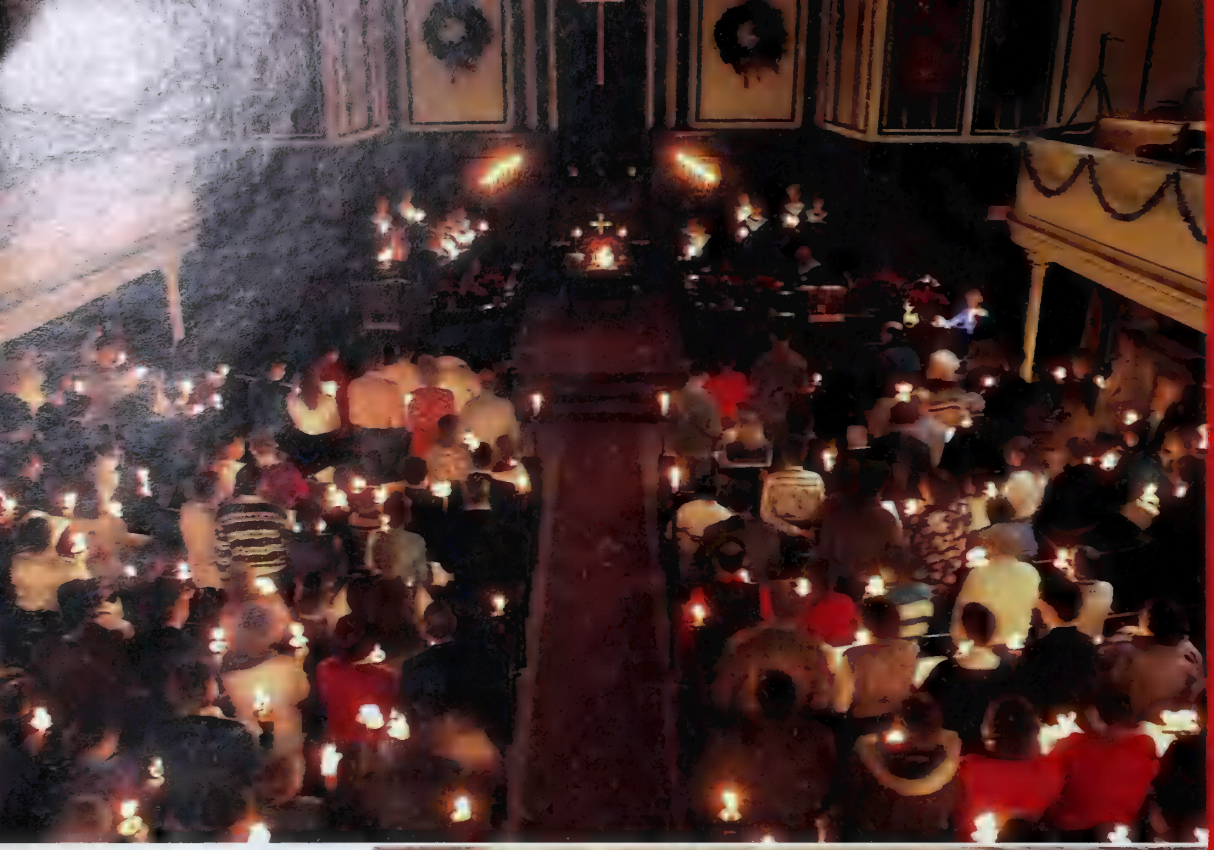
O TANNENBAUM *Caitlin McMullin, seven, and sister Molly, four, gaze up at the dazzling light show that John Fish, of Honeoye Falls, New York, puts on each year at his house*



8:25 P.M.

ALL IS CALM, ALL IS BRIGHT *Lucien Lapierre, Ruth McCowan and Mike Daniels, of the Jericho Congregational Church, in Jericho Center, Vermont, light up the darkness with more than one hundred candles around the town green*





9:45 P.M.

O HOLY NIGHT

Members of the United Church, in Penacook, New Hampshire, gather for their Christmas Eve service, singing about the little town of Bethlehem and angels heard on high

12:16 P.M., DECEMBER 25

A CHILD IS BORN

Seven-pound, nine-ounce William David celebrates his first Christmas ever, and parents Beth and Bill Havertape, of Des Moines, just happened to have ready a tiny Santa suit. Merry Christmas to all, and to all a good night!





Free gift wrap.

HAPPY HOLIDAYS FROM HERSHEY'S KISSES



GUESS

WE INVITED TODAY'S HOTTEST CELEBRITIES TO AN EXCLUSIVE PHOT

SEARCH AND FIND OUT WHAT IT'S LIKE TO BE MISTAKEN FOR



WHO?

HOOT . . . NOT! MEET THE WINNERS OF OUR CELEBRITY LOOK-ALIKE

UPERSTAR. BY LOIS JOY JOHNSON, BEAUTY AND FASHION DIRECTOR

GUESS WHO?



"LIZ TAYLOR AND I HAVE MORE THAN LOOKS IN COMMON—

Could it be . . . Michelle, Jack and Liz? Guess again! It's their alter egos—Ann Huczek, Joseph Belotti and Candy Patti. Ann, twenty-eight, a student from Ann Arbor, Michigan, told us, "When *Married to the Mob* came out, people started telling me I look just like Michelle Pfeiffer. I *never* thought I'd win!" Joseph Belotti, a forty-three-year-old captain for USAir from Harvard, Massachusetts, told us one day, "I was swimming with my brother, wearing my Ray Ban Wayfarers, and I dunked my head back in the water. When I surfaced, he said I was the image of Jack Nicholson!" Thirty-six-year-old Candy Patti, a full-time mom from Boca Raton, Florida, says, "My family jokes that I'm trying to compete with Liz—I've been married seven times, three times to the same man!"

Photos, Francesco Scavullo.
Hair, Gad Cohen for Gad Cohen Studio, NYC; makeup, Mathu Andersen; manicures by Roxana for the Warren-Tricomi Salon, NYC. On "Michelle": dress, Calvin Klein; earrings, Lee Wolfe; makeup by L'Oréal. On "Jack": tuxedo, Brooks Brothers. On "Liz": dress, Bob Mackie; jewelry, Kenneth Jay Lane; wig, Jacquelyn Wigs; makeup by Chanel. Details, page 185.

VE BEEN MARRIED SEVEN TIMES!" —CANDY PATTI



Funny, these women are nearly identical to two of the best comediennes in the business . . . Goldie and Roseanne! Goldie's twin is thirty-nine-year-old Patricia Lackner, a public-relations director from Westlake, Ohio. She told us, "Everyone always tells me I look like Goldie—my hair, my eyes, my smile—and that my voice and laugh *sound* like Goldie!" Roseanne clone Kathy Moxley, a stagehand and mom from Dallas, said, "Right after Roseanne's first HBO TV special, people started staring at me. Now everywhere I go people ask me if I'm Roseanne—and my husband makes me sign autographs! I know the resemblance is uncanny—I definitely thought I'd win."

On "Goldie": dress, Bob Mackie; scarf, Han Feng; earrings, Kenneth Jay Lane. Makeup by Maybelline. On "Roseanne": shirt, The Forgotten Woman; scarf, Honey Collection; earrings and bracelet, Bijoux Garden; ring, Lazaro. Makeup by Max Factor. Details, page 185.

"FRIENDS TOLD ME I SHOULD GO INTO COMEDY WAY BEFORE


GUESS WHO?
ROSEANNE ARNOLD BECAME A STAR." —KATHY MOXLEY



A famous TV newscaster and the hot stars of *Basic Instinct* . . . or incredible body doubles? "Connie Chung" is really forty-five-year-old Patty Atkinson, a registered nurse from Glendale, California. "With my hair done in an important-looking style, makeup and a tailored red suit, I bet even Maury couldn't tell us apart!" Says twenty-four-year-old Dawn Minette, a part-time model and actress from Clarkston, Georgia, "I suppose it's my very pale skin and light hair that make people think I'm Sharon Stone. But we also wear similar, simple styles." Thomas Sebas, a thirty-two-year-old jeweler from Ansonia, Connecticut, has been mistaken for Michael Douglas ever since the success of *Fatal Attraction*. "It's a great icebreaker when women approach me and say, 'I know you can't say who you are, but I know it's you!' "

On "Connie": suit and blouse, Adolfo; jewelry, Agatha. Makeup by Cover Girl. On "Sharon": dress, Jay Savage. Makeup by Classic Revlon. On "Michael": tuxedo, Yves Saint Laurent. Details, page 185.

"WOMEN APPROACH ME AND SAY, 'I KNOW YOU CAN'T SA


GUESS
WHO?
VHO YOU ARE, BUT I KNOW IT'S YOU!' "
—THOMAS SEBAS



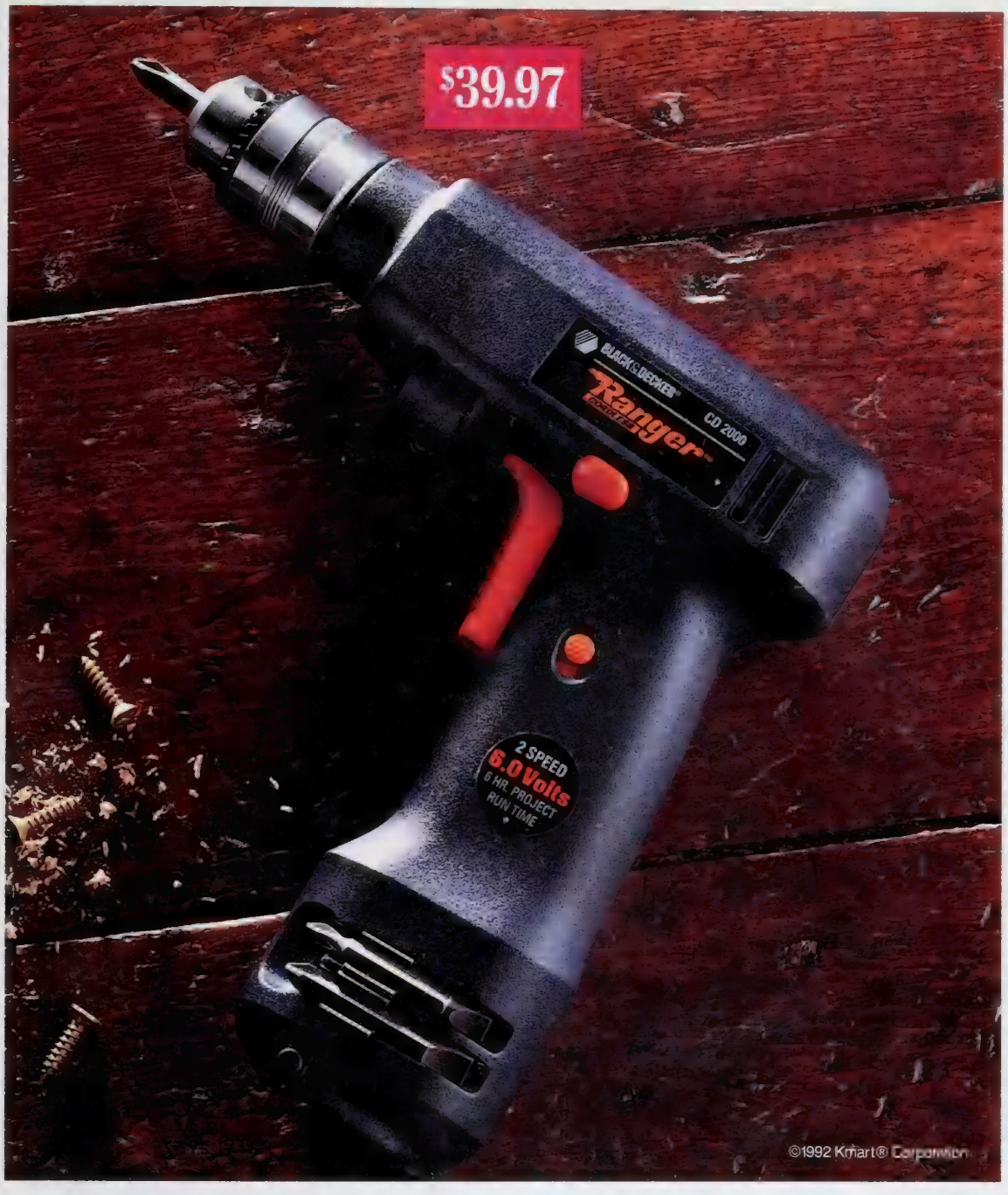
GUESS WHO?

Kathleen Butzin, a thirty-three-year-old registered nurse from Littleton, Colorado, said she and the Duchess of York are "both known for our zest for life and outrageous pranks!" In fact, her family, friends—and even strangers—call her Fergie. But the resemblance isn't just a lot of fun, it comes in handy, too. "Last year, I was in New York with my cousin for the U.S. Open tennis tournament. I was in the backseat, and my cousin was driving—a little too fast. A police officer approached us, and just as he was about to write up a speeding ticket, he did a double take. I was graciously giving the royal wave—and he waved us on!"

Dress, Oscar de la Renta; pearls and necklace in box, Valentino. Makeup by Avon. Details, page 185.

"EVEN MY FAMILY CALLS ME FERGIE." —KATHLEEN BUTZI

One gift your favorite do-it-yourselfer can't do without.



Black & Decker 3/8-inch cordless Ranger Drill/Driver with tote. The perfect gift for anyone who does anything around the house, it proves you don't need a cord to get a lot of power. With its 5-cell, 6-volt design, this 2-speed, reversible drill/driver is geared for high torque. It also happens to be compact, lightweight and easy to use. Not to mention available for just $39.97. On sale December 6-19, 1992, at all U.S.A. Kmart stores.

The quality you need, the price you want.

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THE LEAN WAY TO MAKE IT CHOCOLATE

Surprise.
Even light desserts can have the rich chocolatey taste your family craves when you make them with HERSHEY'S COCOA. It's **low in fat** and sodium, and as always, cocoa has **no cholesterol**.

So now light can be deliciously dark. With Hershey's.

HERSHEY'S LIGHT CHOCOLATE BROWNIES

6 tablespoons light corn oil spread
1 cup granulated sugar
½ cup HERSHEY'S COCOA
1 teaspoon vanilla extract
½ cup frozen egg substitute, thawed*
½ cup all-purpose flour
¼ cup finely chopped walnuts, optional
Powdered sugar

*2 slightly beaten egg whites may be substituted.

Heat oven to 350°F. Lightly spray 8-inch square baking pan with light vegetable cooking spray. In medium saucepan over low heat, melt spread. Add sugar; stir until well blended. Remove from heat; stir in cocoa and vanilla. Add egg substitute; stir to blend. Stir in flour and walnuts. Pour batter into prepared pan. Bake 25 minutes or until edges begin to pull away from sides of pan. Cool in pan on wire rack. Sprinkle powdered sugar over top. Cut into 16 squares.

PER SERVING (1 SQUARE)

CAL.	FAT	CHOL.	SOD.
100	3g.	0mg.	55mg.

© 1992 Hershey Foods Corporation

CHRISTMAS JOURNAL



Our gift to you: dozens of delicious recipes for party-perfect appetizers, classic roasts and other special entrées, quick, charming elfin houses and, of course, cookies, cookies, cookies! Plus, a top designer shares her inspiring ideas for trees and trims. May your days be merry and bright

A Christmas WONDERLAND



Dreaming of a white Christmas? Lynn creates a lovely backdrop for Christmas Eve dinner using white china and candlesticks and antique-lace place mats. The centerpiece is a vision of sugared plums and other fruit that looks as though it's been sprinkled with snow. A small evergreen tree draped in tulle and pearls commemorates Lynn and Michael's December wedding anniversary



For top designer Lynn Hollyn, holiday time is a fantasy come true. At her home in Salisbury, Connecticut, she combines romance and family keepsakes with her signature country style for a spirited Christmas filled with love. *By Leslie Lampert*



The children were nestled all snug in their beds. "Decorating the mantel," says Lynn, "is as much of a Christmas statement as trimming the tree." In her country-style family room, Lynn adorns the simple wood mantel with greens and pinecones laced with little white lights, rustic twig candlesticks, dried hydrangeas and a favorite gilt-framed print. Handmade needlepoint stockings are ready for Santa's secret surprises, but until he arrives, little stuffed teddy bears peek out of the tops for a whimsical touch. An heirloom clock anchors the holiday still life and is reminiscent of Christmas at Grandma's house. At right, Lynn's Ivy Cottage Wreath brings cheer to any end table.





It's beginning to look a lot like Christmas: Lynn, Michael and their four children—Justin, ten, Trevor, nine, Tessa, seven, and Cullen, four, start preparing for Christmas "just as soon as Thanksgiving dinner is eaten," says Lynn. Together they make tree ornaments, trim the banisters with evergreens and ribbons, and handcraft napkin holders, place cards and wreaths. "Christmas is the time to let your home reflect everything you and your family love," says Lynn. "It's a gift to yourself as well as to your guests." At right, an easy, festive way to deck the hall: Pile glittery ornament balls in a shallow wicker basket.















'Tis the season to be jolly: Lynn and the children create a variety of wreaths using dried hydrangeas, peonies, pepperberries and pretty bows, top left. To make your own, simply attach dried flowers and berries to a grapevine or evergreen wreath with wire ties. Top middle: For the children's table on Christmas Day, Lynn uses Trevor's toy train set as a centerpiece and surrounds it with holly. The napkin holders are made by forming grapevine into a heart shape and attaching small bunches of dried flowers with a hot-glue gun.



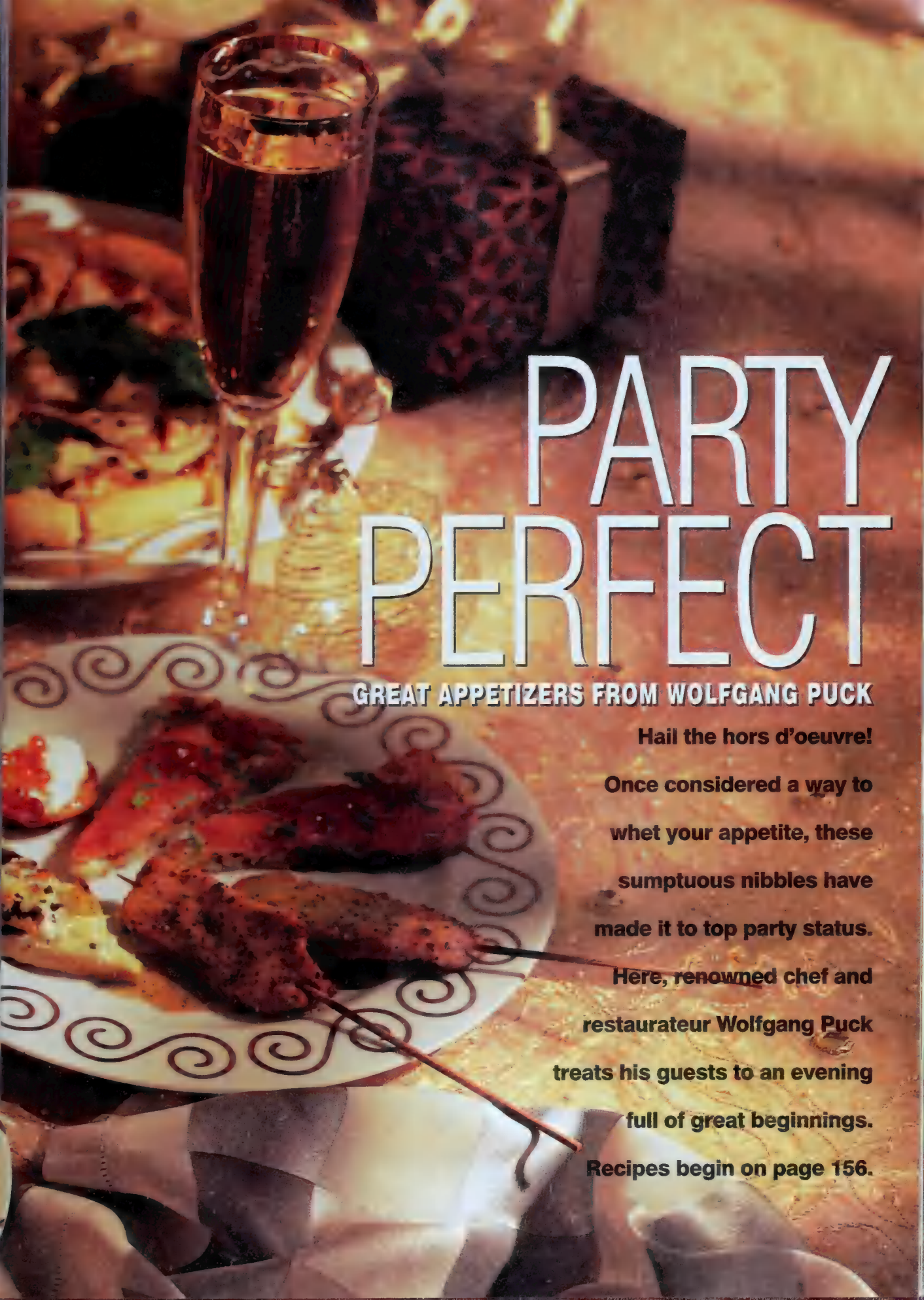




Top left: Beautiful silver picture frames display family photos among red roses and English boxwood greens. It's easy to make sugared fruit, above: Just dip any fruit you wish in egg white, then roll in table sugar; dry the fruit on a wire rack and assemble in a white bowl. Left: Lynn's living-room mantel displays cream-colored roses, gilt sconces and flower-studded garlands for a golden antique look. Another mantel-decorating idea, far left: Display instruments, books and artwork amid greens, anemones and candy-cane candles—"a tribute to music, art and literature," says Lynn. We hope Lynn Hollyn's home has inspired you to create a Christmas wonderland of your very own.



CLOCKWISE FROM LEFT: SHRIMP SKEWERS WITH PESTO, TOMATO-BASIL PIZZA; ON PLATE AT RIGHT: VEGETARIAN PIZZA, ROASTED POTATO WITH SOUR CREAM AND CAVIAR, CRISP POTATO GALETTE WITH SMOKED SALMON, CHICKEN SATE WITH MINT VINAIGRETTE



PARTY PERFECT

GREAT APPETIZERS FROM WOLFGANG PUCK

Hail the hors d'oeuvre! Once considered a way to whet your appetite, these sumptuous nibbles have made it to top party status. Here, renowned chef and restaurateur Wolfgang Puck treats his guests to an evening full of great beginnings.

Recipes begin on page 156.

A TOAST TO



FROM LEFT, SPOON BREAD, SPICY GREENS, HAM, BLACK-EYED PEAS; ON PLATE, BLACK-PEPPER BISCUITS, PEACH RELISH

HERE'S TO THE SEASON OF FEASTING AND REJOICING, OF SHARING AN
ROASTS WITH ALL THE BEST TRIMMINGS. SO GATHER FAMILY AND FRIEND

THE ROAST



BEEF RIB ROAST, YORKSHIRE PUDDING, ROASTED POTATOES AND SHALLOTS, GREEN BEANS

LEBRATING. OUR TRADITIONAL HOLIDAY ENTRÉES ARE SIMPLE YET SUMPTUOUS

UND THE TABLE, AND GOODWILL TO ALL . . . CHEERS! BY JAN T. HAZARD, FOOD EDITOR



COOKIES Cookies COOKIES

We raided cookie jars far and wide to bring you the most festive collection of treats ever! Our seasonal sampler salutes an American family tradition: treasured old-world recipes that bring our rich heritage home for the holidays. Plain or fancy, these cookies are simply the world's best.

Recipes begin on page 160.



continued from page 145

○ Easy ● Challenging ▼ Low-fat
◒ Moderate Ⓜ Microwave ▽ Low-calorie

Menu for four

Roast goose makes a festive holiday dinner right out of *A Christmas Carol.*

Crisp Roast Goose with Cherry Gravy
Multigrain Pilaf
Gingered Pureed Carrots
*Brussels Sprouts with Lemon and Bacon**

To serve eight, double all recipes *except* goose (see note following recipe).

**Recipe not given*

CRISP ROAST GOOSE WITH CHERRY GRAVY

Although geese are leaner than in the past, they still exude more fat than other holiday fowl. We suggest spooning off the fat often during roasting.
Prep time: 25 minutes plus standing ◒ ▽
Cooking time: 2 hours

1 goose (8–10 lb.), thawed if frozen*
2 oranges, quartered
1 teaspoon salt
1 teaspoon freshly ground pepper
1 cup boiling water

Gravy
1 gizzard, chopped
1 goose neck, halved
1 can (13¾ oz.) chicken broth
½ cup dried tart cherries or cranberries
2 tablespoons flour
2 tablespoons brandy
¼ cup red wine
Salt and freshly ground pepper


ROAST GOOSE WITH BRUSSELS SPROUTS

Preheat oven to 450°F. Remove excess fat from cavity; rinse and pat dry. Stuff cavity with oranges and season with salt and pepper. Fold neck skin over back of goose and secure with skewer. Tie legs together with string. Prick skin all over with fork.

Place goose, breast side up, on rack in large roasting pan. Pour boiling water evenly all over goose and roast 30 minutes. Reduce oven temperature to 350°F. Roast 1½ hours more, ladling all fat from pan occasionally, until meat thermometer inserted into thickest part of thigh reaches 180°F.

Transfer goose to platter and let stand 20 minutes before carving. Makes 4 servings.

Gravy: Meanwhile, heat gizzard, neck and broth to boiling in medium saucepan. Reduce heat and simmer 15 minutes; strain. Add cherries to hot broth to soften.

Pour off all but 1 tablespoon drippings from roasting pan. Stir flour into pan and cook, stirring, over medium heat, 1 minute. Add brandy; cook 30 seconds. Add broth, cherries and wine. Bring to boil and cook, scraping up browned bits, until thickened slightly, 3 minutes. Season to taste. Makes 2 cups.

*To serve 8, buy a 13- to 14-pound goose; increase roasting time to 2¼ to 2½ hours after reducing oven temperature, and double the ingredients for gravy.

Per 3 oz. goose, 3 T. gravy		Daily goal
Calories	260	2,000 (F), 2,500 (M)
Total fat	12 g	60 g or less (F); 70 g or less (M)
Saturated fat	4 g	20 g or less (F); 23 g or less (M)
Cholesterol	83 mg	300 mg or less
Sodium	407 mg	2,400 mg or less
Carbohydrates	7 mg	250 g or more
Protein	25 g	55 g to 90 g

MULTIGRAIN PILAF



An unusual do-ahead side dish that's perfect for the hectic holidays. Cook all the grains separately and combine them when ready to serve.
Prep time: 15 minutes ○
Cooking time: 50 minutes

Salt
½ cup wehani or other short-grain brown rice
½ cup pearl barley, rinsed
¼ cup wild rice
2 tablespoons butter or margarine
1 cup minced onions
¼ cup minced celery
½ cup chicken broth or water
¼ teaspoon thyme
⅛ teaspoon freshly ground pepper
¼ cup chopped fresh parsley

Bring three 1-quart saucepots of wa each with a pinch salt to boil over h heat. Add rice to one pot, barley to an er and wild rice to the third. Reduce h and simmer each until tender, 25 to minutes for brown rice, 25 minutes barley and 35 to 40 minutes for wild r Drain each and rinse under cold wa Combine grains in large bowl. *(Can made ahead. Cover and refrigerate up 24 hours.)*

Melt butter in large skillet over me um-high heat. Add onions and cele cook until tender, 4 minutes. Add coo grains, broth, thyme and pepper; ca stirring occasionally, until heated throu 5 minutes. Add parsley. Makes 4 cups.

Per cup		Daily goal
Calories	280	2,000 (F), 2,500 (M)
Total fat	7 g	60 g or less (F); 70 g or less
Saturated fat	4 g	20 g or less (F); 23 g or less
Cholesterol	16 mg	300 mg or less
Sodium	286 mg	2,400 mg or less
Carbohydrates	49 mg	250 g or more
Protein	7 g	55 g to 90 g

GINGERED PUREED CARROTS



We've added potato as a thickener for colorful vegetable dish. The recipe easily be doubled.
Prep time: 10 minutes C
Cooking time: 20 minutes

1 pound carrots, peeled and chopped
1 small all-purpose potato (4 oz.), peeled and cut into 1-inch pieces
Salt and freshly ground pepper
¼ cup chicken broth or water
¼ cup heavy or whipping cream
¼ teaspoon freshly grated ginger

Bring 2 quarts water to boil in saucep Add carrots, potatoes and ½ teaspo salt; cook until tender, 20 minutes. Dr In food processor, combine cooked v etables, broth, cream, ginger and ⅛ t spoon pepper; process until smooth. (C *be made ahead. Cover and refrigerate to 24 hours. To reheat, transfer to shall microwaveproof casserole, cover with v paper and microwave on High 4 minut* Season to taste. Makes 2½ cups.

Per ½ cup		Daily goal
Calories	90	2,000 (F), 2,500 (M)
Total fat	5 g	60 g or less (F); 70 g or less
Saturated fat	3 g	20 g or less (F); 23 g or less
Cholesterol	16 mg	300 mg or less
Sodium	92 mg	2,400 mg or less
Carbohydrates	12 mg	250 g or more
Protein	2 g	55 g to 90 g

(continu

HELPFUL HOLIDAY RECIPES

HEARTY HOMESTYLE CHICKEN POT PIE



Chicken Pot Pie

Prep Time: 15 MIN. • Cook Time: 30 MIN.

2 cans (10 3/4 oz. *each*) Campbell's® Cream of Broccoli Soup
1 cup milk
1/4 tsp. dried thyme leaves, crushed
1/8 tsp. pepper
4 cups cooked cut-up vegetables (broccoli, cauliflower, carrots and potatoes)*
2 cups cubed cooked chicken *or* turkey
1 can (10 oz.) Hungry Jack® Refrigerated Flaky Biscuits

1. In 3-qt. oblong baking dish, combine soup, milk, thyme and pepper. Stir in vegetables and chicken.
2. Bake at 400°F. 15 min. or until mixture begins to bubble. Meanwhile, cut each biscuit into quarters.
3. Remove dish from oven; stir. Arrange biscuit pieces over hot chicken mixture. Bake 15 min. or until biscuits are golden brown.

5 servings.

**Or* use 1 bag (16 oz.) frozen vegetable combination (broccoli, cauliflower and carrots), cooked and drained, and 1 cup cubed cooked peeled potato.

Menu for twelve

This bountiful menu will warm your guests with Southern hospitality.

Ginger-Glazed Baked Ham
Black-Eyed Peas
*Spicy greens**
*Flaky biscuits**
Cornmeal Spoon Bread
No-Cook Peach Relish

**Recipe not given*

GINGER-GLAZED BAKED HAM

The ham boasts an unusual glaze, ginger conserve, which can be found in most gourmet stores. If you can't find it, though, use a combination of marmalade and crystallized ginger.

Prep time: 5 minutes ○
Cooking time: 1 1/4 hours

1 bone-in smoked half ham (7 lb.)

Glaze
- 1/2 cup ginger conserve, or 1/3 cup orange marmalade plus 2 tablespoons minced crystallized ginger
- 1/4 cup firmly packed brown sugar
- 1 teaspoon dry mustard
- 2 tablespoons dry sherry

Preheat oven to 325°F. Lightly score top of ham with sharp knife. Place in shallow roasting pan with 2 cups water. Bake 1 1/4 hours, basting every 20 minutes.

Glaze: Meanwhile, combine ginger conserve, sugar, mustard and sherry in bowl.

During last 20 minutes of baking, spread top of ham with glaze. Transfer to serving platter. Makes 12 servings.

Per 3-ounce serving		Daily goal
Calories	140	2,000 (F), 2,500 (M)
Total fat	4 g	60 g or less (F); 70 g or less (M)
Saturated fat	1 g	20 g or less (F); 23 g or less (M)
Cholesterol	40 mg	300 mg or less
Sodium	1,216 mg	2,400 mg or less
Carbohydrates	7 mg	250 g or more
Protein	16 g	55 g to 90 g

BLACK-EYED PEAS

Budget recipe of the month *It's a Southern tradition to serve black-eyed peas—a symbol of prosperity and good luck—to herald in the new year.*

Prep time: 20 minutes plus soaking ○▼
Cooking time: 2 hours 10 minutes

Water
1 pound dried black-eyed peas, rinsed
2 tablespoons vegetable oil
1 large onion, chopped
1 celery rib, diced
1 carrot, diced
2 teaspoons minced garlic
1 red pepper, diced
1 tablespoon minced jalapeño chile
1 ham hock (8 oz.)
1/4 teaspoon thyme
1 bay leaf
2 teaspoons salt

Soak black-eyed peas overnight in bowl with enough water to cover by 2 inches. (To quick-soak: Combine peas with water to cover by 2 inches and bring to boil; boil 2 minutes. Cover and let stand 1 hour.) Drain and rinse under water.

Heat oil in Dutch oven over medium high heat. Add onion, celery and carrot; cook until vegetables are tender, 4 minutes. Add garlic and cook 30 seconds. Add red pepper and jalapeño; cook until crisp-tender, 3 minutes. Add 6 cups water, peas, ham hock, thyme and bay leaf. Bring to boil, reduce heat and simmer until covered until tender, 2 hours. Remove from heat; stir in salt. Cover and let stand 10 minutes. *(Can be made ahead. Cool. Cover and refrigerate up to 24 hours.)* Makes 6 1/2 cups.

Per 1/2 cup		Daily goal
Calories	160	2,000 (F), 2,500 (M)
Total fat	3 g	60 g or less (F); 70 g or less (M)
Saturated fat	1 g	20 g or less (F); 23 g or less (M)
Cholesterol	4 mg	300 mg or less
Sodium	97 mg	2,400 mg or less
Carbohydrates	24 mg	250 g or more
Protein	10 g	55 g to 90 g

TEST-KITCHEN TECHNIQUES

What's good for the goose . . .

Buying and thawing

Geese range in weight from six to eighteen pounds; most are between eight and fourteen pounds. Allow about 1 pound raw frozen goose for each three-ounce serving of cooked meat. Thaw the bird in the refrigerator for two full days (add another half day if it's over twelve pounds).

Removing the fat

We recommend spooning off the fat occasionally during roasting (there will be lots) into a heatproof container. The fat can be cooled and refrigerated up to two weeks or frozen up to three months. A tablespoon or two flavors sautéed potatoes, beans and other vegetables.

Carving

If you can carve a turkey, you can carve a goose. The difference: A goose breast is removed from the body and carved crosswise, not lengthwise as a turkey breast is.

Place the goose on the cutting surface. With a carving knife, cut the wings from the body at the joint; transfer to a warm serving platter. With the legs facing you, gently pull one leg away from the body and cut down through the joint to expose the bone. Cut through the bone. Repeat with the second leg, then set both aside while you carve the breast.

Insert a boning knife or sharp paring knife along one side of the the center breastbone (keel bone). Following the rib structure, cut down to the wing joint. Holding the meat with a fork, cut away any meat still attached to body. Repeat on the other side. Transfer the breast to the cutting surface with a fork and slice crosswise into thin medallions.

Place the legs skin side down on the cutting surface. Holding the bone, cut off the meat with a boning knife; carefully remove the smaller bones. Repeat with the second leg. Slice the meat and transfer to the platter.

CORNMEAL SPOON BREAD

Spoon bread is a cousin to the French soufflé—but don't worry, it's easy to make. True fans of this side dish slather on butter and eat it with a fork.

Prep time: 30 minutes
Baking time: 25 to 35 minutes

1/4 cup butter or margarine
1/2 cup chopped onion
5 cups milk
2 cups cornmeal
1 1/2 teaspoons salt
1/8 teaspoon ground red pepper
5 large eggs, separated
2 teaspoons baking powder

Preheat oven to 375°F. Butter two 1½-quart soufflé dishes or one 3-quart shallow casserole.

Melt butter in large Dutch oven over medium heat. Add onion and cook until tender, 5 minutes. Add milk, cornmeal, salt and red pepper. Bring to boil, stirring constantly, until thickened, 6 minutes.

Whisk yolks in medium bowl. Gradually whisk one third of the hot cornmeal mixture into yolks; whisk yolk mixture back into cornmeal. Stir in baking powder.

Beat egg whites in large mixer bowl to soft peaks. Fold egg whites into cornmeal mixture. Pour evenly into prepared dishes. Bake soufflé dishes 25 minutes or casserole 35 minutes, until golden and center just set. Makes 12 servings.

Per serving		Daily goal
Calories	215	2,000 (F), 2,500 (M)
Total fat	10 g	60 g or less (F), 70 g or less (M)
Saturated fat	5 g	20 g or less (F); 23 g or less (M)
Cholesterol	113 mg	300 mg or less
Sodium	461 mg	2,400 mg or less
Carbohydrates	24 mg	250 g or more
Protein	8 g	55 g to 90 g

NO-COOK PEACH RELISH

Our ready-in-no-time version of the Southern staple pickled peaches.

Prep time: 15 minutes plus chilling ○

2 cans (16 oz. each) peaches in heavy syrup, drained and chopped
1/2 cup minced red pepper
1/4 cup sugar
1 tablespoon cider vinegar *(continued)*



aspoon vanilla extract
easpoon salt
cup all-purpose flour
nfectioners' sugar

fee Buttercream
/4 cup milk
tablespoons ground espresso coffee
large egg yolks
/4 cup sugar
tablespoon coffee liqueur
cup unsalted butter, softened (no substitutions)

uares (4 oz.) semisweet chocolate, melted
cup brewed espresso coffee, cooled
blespoon hazelnut liqueur

eat oven to 350°F. Grease 15x10-inch jelly-roll pan. Line wax paper; grease and flour paper.

food processor, process hazelnuts with 1/4 cup sugar until nd fine. Beat egg yolks with 1/4 cup sugar in mixer bowl at speed until mixture is pale and thick and forms ribbon n beaters are lifted, 3 minutes. Beat in vanilla and salt. In n mixer bowl, beat egg whites until frothy. Gradually add aining 1/4 cup sugar, beating until stiff. Gently fold egg es into yolks. Sift flour on top and fold in. Fold in hazelnuts. pread batter in prepared pan and bake 15 to 17 minutes, top springs back when lightly touched. Sift confectioners' r onto clean kitchen towel and invert cake on top. Peel off er. With towel, roll cake up jelly-roll fashion from long side. l completely.

ee *Buttercream:* Bring milk to boil in small saucepan. Remove heat and stir in ground coffee. Let stand 20 minutes. Strain ugh sieve lined with double layer of cheesecloth into clean ium saucepan. Reheat milk to simmering over medium heat. nwhile, whisk egg yolks with sugar in medium bowl. Gradually whisk in hot milk. Return mixture to saucepan and cook, stirring constantly, over medium-low heat until mixture thickens slightly and coats back of spoon (do not boil). Strain through sieve into mixer bowl. Stir in coffee liqueur. Cool to room temperature. Beat in butter 1 tablespoon at a time, beating well after each addition. (If mixture appears curdled, let stand at room temperature 15 minutes, then beat at high speed until smooth and silky. If mixture appears oily, refrigerate 15 minutes, then beat at high speed until smooth.)

Line 1 cookie sheet with parchment paper or wax paper. Spread melted chocolate on paper to 10x8-inch rectangle. Refrigerate until firm.

To assemble, unroll cake. Combine brewed espresso with hazelnut liqueur and brush evenly over inside of cake with pastry brush. Reserve 1/2 cup buttercream for ends. Spread half the remaining buttercream on cake and reroll. Place cake seam side down on cookie sheet and frost the outside with remaining half of the buttercream.

With knife held diagonally at one end of log, make a cut about 2 inches from end for branch. Place branch on top of log. Frost exposed ends of cake with reserved buttercream and draw ring pattern with fork. Break cooled chocolate into 1-inch-wide strips by bending paper. Place strips in buttercream to form bark. Cover loosely with plastic wrap and refrigerate up to 24 hours. One hour before serving, remove from refrigerator and transfer to serving platter. Slice with serrated knife. Makes 12 servings.

Per 1/2 cup		Daily goal
Calories	396	2,000 (F), 2,500 (M)
Total fat	25 g	60 g or less (F), 70 g or less (M)
Saturated fat	13 g	20 g or less (F), 23 g or less (M)
Cholesterol	187 mg	300 mg or less
Sodium	85 mg	2,400 mg or less
Carbohydrates	40 mg	250 g or more
Protein	5 g	55 g to 90 g

Recipes developed by Lisa Brainerd and Karen J.M. Tack.

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continued from page 143

○ Easy ● Challenging ▼ Low-fat
◒ Moderate Ⓜ Microwave ▽ Low-calorie



Wolfgang Puck's menu for twenty-four

Sautéed Shrimp Cakes
Goat-Cheese-and-Eggplant Crisps
Beef Sate
Shrimp Skewers with Pesto
Vegetarian Pizza
Tomato-Basil Pizza
Roasted Potatoes with Sour Cream and Caviar
Chicken Sate with Mint Vinaigrette
Crisp Potato Galette with Smoked Salmon
Champagne

SAUTÉED SHRIMP CAKES



These addictive bite-size nibbles are perfect for a stand-up cocktail party. To serve as a first course, make patties from two tablespoons of the shrimp mixture.
Prep time: 1 hour ○
Cooking time: 6 minutes per batch

2 tablespoons olive oil
1/2 cup finely diced red pepper
1/2 cup finely diced yellow pepper
1/2 cup finely diced red onion
1 cup heavy or whipping cream
1/2 teaspoon minced jalapeño chile
1 1/2 pounds medium shrimp, peeled, deveined and coarsely chopped
2 teaspoons snipped fresh chives
2 teaspoons chopped parsley
2 teaspoons chopped fresh dill or 1/2 teaspoon dried
1/2 teaspoon salt
1/2 teaspoon fresh thyme leaves or pinch dried
1/8 teaspoon ground red pepper
1 large egg, lightly beaten
1 1/2 cups fresh bread crumbs
1 1/2 cups finely ground natural almonds
2 tablespoons unsalted butter (no substitutions)
4 tablespoons vegetable oil
Lemon wedges, for garnish

Heat olive oil in large skillet over medium-high heat. Add peppers and onion; cook until vegetables are tender, 5 to 7 minutes. Transfer to large bowl.

Meanwhile, heat cream and jalapeño to boiling in large saucepan over medium-high heat; cook until reduced to 1/2 cup, 10 to 12 minutes. Cool, then toss with cooked vegetables.

Meanwhile, pulse shrimp in food processor 10 times (mixture should still be lumpy). Add to pepper-cream mixture in bowl with chives, parsley, dill, salt, thyme, red pepper, egg, and 1/2 cup *each* bread crumbs and almonds. Stir to blend.

Combine remaining 1 cup *each* bread crumbs and almonds in shallow plate. Drop shrimp mixture by rounded tablespoonfuls into crumbs. Flatten into 2-inch patties, turning to coat both sides. Arrange on cookie sheets. Cover and refrigerate at least 1 hour or up to 24 hours.

Just before serving, heat 1 tablespoon butter and 2 tablespoons oil in large nonstick skillet over medium-high heat. Add patties in batches and cook, adding butter and oil as needed, until golden brown, about 3 minutes per side. Drain on paper towels. *(Can be made ahead. Wrap and refrigerate up to 24 hours. Reheat in preheated 375°F. oven 10 minutes.)* Serve with lemon. Makes 40 shrimp cakes.

Per appetizer		Daily goal
Calories	85	2,000 (F), 2,500 (M)
Total fat	7 g	60 g or less (F); 70 g or less (M)
Saturated fat	2 g	20 g or less (F); 23 g or less (M)
Cholesterol	36 mg	300 mg or less
Sodium	61 mg	2,400 mg or less
Carbohydrates	2 mg	250 g or more
Protein	4 g	55 g to 90 g

GOAT-CHEESE-AND-EGGPLANT CRISPS



Oriental eggplant are bright purple and the size of zucchini. If you can't find them, slice regular eggplant into 7x2-inch strips.
Prep time: 30 minutes ◒
Cooking time: 5 minutes

4 or 5 medium Oriental eggplants
Salt and freshly ground pepper
5 tablespoons olive oil
6 ounces goat cheese
1/4 cup finely chopped Greek olives
1/2 cup all-purpose flour
2 large eggs, lightly beaten
1 1/2 cups fresh bread crumbs
6 cups vegetable oil, for frying

Trim ends from eggplants and cut lengthwise into twenty-four 1/4-inch-thick slices. Sprinkle lightly with salt and pepper. Heat 2 tablespoons olive oil in large nonstick skillet over medium-high heat. Add eggplant in single layer and cook until tender and golden, 2 to 4 minutes per side. Drain on paper towels. Repeat with remaining olive oil and eggplant.

Blend goat cheese and olives in small bowl. Place 1 heaping teaspoon in center of each eggplant strip. Wrap eggplant around cheese to enclose it completely.

In heavy, deep saucepan, heat 3 inches vegetable oil to 375°F.

Meanwhile, place flour in shallow bowl, egg in another shallow bowl and bread crumbs in a third. Dip each eggplant package in flour, shaking off excess, then in egg and bread crumbs.

Fry eggplant wraps a few at a time, turning, until golden on all sides, about 30 seconds. Drain on paper towels. Serve hot. *(Can be made ahead. Cover and refrigerate overnight. Reheat on cookie sheet in preheated 375°F. oven 10 minutes.)* Makes 2 dozen.

Per appetizer		Daily goal
Calories	120	2,000 (F), 2,500 (M)
Total fat	10 g	60 g or less (F); 70 g or less (M)
Saturated fat	3 g	20 g or less (F); 23 g or less (M)
Cholesterol	23 mg	300 mg or less
Sodium	69 mg	2,400 mg or less
Carbohydrates	5 mg	250 g or more
Protein	3 g	55 g to 90 g

BEEF SATE



If you love to grill regardless of the weather, this recipe is ideal! Although grilling does add fabulous flavor, these tender beef strips also taste wonderful broiled.
Prep time: 10 minutes plus standing
Cooking time: 1 to 2 minutes

3/4 pound beef loin strip or tenderloin steak, trimmed
1/2 cup reduced-sodium soy sauce
1 tablespoon honey
1 teaspoon red pepper flakes
1/2 teaspoon cumin
1/2 teaspoon turmeric

Soak twenty-four 6-inch bamboo skewers in cold water 1 hour.

Cut beef into very thin 3-inch strips. Thread 1 or 2 strips on each prepared skewer and arrange in *(continued)*

\ATO-BASIL PIZZA

time: 15 minutes
g time: 10 to 15 minutes

pe Pizza Dough (recipe follows)
lespoons Oriental chili oil or olive oil
shredded fontina cheese
s shredded mozzarella cheese
p chopped blanched garlic
dium red onion, sliced paper thin
p chopped fresh basil
p thinly sliced oil-packed sun-dried tomatoes
sprigs, for garnish

e dough as directed above. Brush oil. Leaving a 1/2-inch border, sprinkle pizza evenly with fontina, then mozza, garlic, red onion, basil and toma- Bake and slice as directed. Garnish asil sprigs. Makes 4 dozen servings.

etizer	Daily goal
70	2,000 (F), 2,500 (M)
4 g	60 g or less (F); 70 g or less (M)
l fat 1 g	20 g or less (F); 23 g or less (M)
ol 6 mg	300 mg or less
119 mg	2,400 mg or less
rates 6 mg	250 g or more
2 g	55 g to 90 g

A DOUGH

time: 15 minutes plus rising

kage active dry yeast
spoon honey or sugar
p warm water (105°F.–115°F.), divided
ups all-purpose flour
oon salt
spoons olive oil

bowl, dissolve yeast and honey in o water; let stand 5 minutes.
bine flour and salt in mixer bowl. and beat until blended. Add yeast nd remaining 1/2 cup water; beat ded. On work surface, knead til smooth and elastic, 8 min- ace in oiled bowl, turning to coat er; let rise in warm, draft-free doubled in bulk, 45 minutes.
ough down. Divide into quarters. ch into ball. Cover and let stand s. *(Can be made ahead. Place on neet, cover loosely with plastic wrap erate up to 24 hours.)*

ED POTATOES WITH SOUR M AND CAVIAR

st recipe of the month *This is an last-minute appetizer, perfect to serve uests drop in unexpectedly.*

5 minutes
hing l *: 25 minutes*

poons butter, melted
Whether all new potatoes
ly ground pepper
fraîche or sour cream
d, stir-fr mpfish or salmon caviar

00°F. Brush jelly-roll pan
oiled, ther Slice potatoes 1/2 inch
nds, and arrange on
atisfying, nut with butter and sprinkle with salt and pepper. Bake 15 minutes. Turn potatoes, brush with remaining butter and sprinkle with salt and pepper. Bake 10 minutes more or until tender and golden.

Transfer potatoes to serving platter and keep warm. To serve, spread 1/2 teaspoon sour cream on each slice and top with 1/4 teaspoon caviar. Makes 2 dozen.

Per appetizer		Daily goal
Calories	35	2,000 (F), 2,500 (M)
Total fat	2 g	60 g or less (F); 70 g or less (M)
Saturated fat	1 g	20 g or less (F); 23 g or less (M)
Cholesterol	13 mg	300 mg or less
Sodium	37 mg	2,400 mg or less
Carbohydrates	4 mg	250 g or more
Protein	1 g	55 g to 90 g

CHICKEN SATE WITH MINT VINAIGRETTE

Curry-flavored chicken is sliced thin and grilled. The thin sauce, like a mayonnaise, complements the flavors beautifully.
Prep time: 40 minutes plus chilling
Cooking time: 3 to 4 minutes

10 ounces boneless, skinless chicken breast
1 tablespoon vegetable oil
1 1/2 teaspoons curry powder
1 teaspoon freshly ground pepper
1/2 teaspoon cumin
1/4 teaspoon salt

Mint Vinaigrette
2 hard-cooked large egg yolks
1/4 cup rice wine vinegar
2 tablespoons plus 2 teaspoons finely chopped fresh mint
1 tablespoon soy sauce
1/2 teaspoon coriander
1/4 teaspoon salt
1/4 teaspoon freshly ground pepper
1/2 cup vegetable oil

Soak twenty-four 6-inch bamboo skewers in water 1 hour.

Cut chicken into 24 very thin 3-inch strips. Toss chicken with oil in medium bowl. In small bowl, combine curry powder, pepper, cumin and salt. Sprinkle over chicken; toss to coat. Thread 1 chicken strip on each skewer. Cover and refrigerate 1 hour.

Prepare grill or preheat broiler. Arrange skewers on grill or broiler pan as close to heat source as possible. (Make sure bare ends of skewers are not directly over or under flame.) Grill or broil 1 1/2 to 2 minutes per side, until golden. Arrange on serving platter around bowl of Mint Vinaigrette. Makes 2 dozen.

Mint Vinaigrette: In blender, combine egg yolks, vinegar, 2 tablespoons mint, soy, coriander, salt and pepper; blend until smooth. With machine on, gradually add oil in thin, steady stream through hole in lid. Transfer to small bowl and stir in remaining 2 teaspoons mint. Makes about 1 cup.

Per appetizer		Daily goal
Calories	40	2,000 (F), 2,500 (M)
Total fat	3 g	60 g or less (F); 70 g or less (M)
Saturated fat	0 g	20 g or less (F); 23 g or less (M)
Cholesterol	16 mg	300 mg or less
Sodium	64 mg	2,400 mg or less
Carbohydrates	0 mg	250 g or more
Protein	3 g	55 g to 90 g

(continued)



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CRISP POTATO GALETTE WITH SMOKED SALMON

Imagine a giant potato pancake with crème fraîche or sour cream. Topped with salmon and served in wedges like a pizza, it's irresistible!

Prep time: 20 minutes ○
Cooking time: 16 to 20 minutes

Potato Galette
- 3 medium baking potatoes, peeled (1 1/2 lb.)
- 2 tablespoons flour
- Salt and freshy ground pepper
- 4 tablespoons clarified butter or olive oil

1/2 cup crème fraîche or sour cream
4 teaspoons minced shallots
1 tablespoon chopped fresh dill
1 teaspoon fresh lemon juice
1/8 teaspoon salt
1/8 teaspoon freshly ground pepper
4 ounces thinly sliced smoked salmon
3 ounces salmon caviar
2 tablespoons snipped fresh chives

Shred potatoes in food processor. Place in clean kitchen towel and squeeze any excess liquid. Transfer to large bowl. Add flour, 1/2 teaspoon salt and 1/4 teaspoon pepper; toss to coat.

Heat 1 tablespoon butter in 10-inch nonstick skillet over high heat. Spread half the potato mixture evenly in pan; cook 1 minute. Reduce heat to medium and cook until pancake is golden and crisp, 4 minutes more. To turn, slide pancake onto plate, place pan over plate and invert, removing plate. Drizzle 1 tablespoon butter around edge of pan; cook until golden, 3 to 5 minutes more. Transfer to cookie sheet lined with paper towel. Keep warm in 200°F. oven. Repeat with remaining potato mixture and butter. *(Can be made ahead. Cool galettes. Wrap and refrigerate up to 24 hours. Reheat on cookie sheet in preheated 425°F. oven 8 to 10 minutes, until crisp.)*

Preheat oven to 425°F. In bowl, combine crème fraîche, shallots, dill, lemon juice, salt and pepper. Spread on hot pancakes and arrange sliced salmon on top. Sprinkle evenly with caviar and chives. Cut each pancake into 12 wedges. Transfer to serving platter. Makes 2 dozen.

Per appetizer		Daily goal
Calories	67	2,000 (F), 2,500 (M)
Total fat	4 g	60 g or less (F); 70 g or less (M)
Saturated fat	2 g	20 g or less (F); 23 g or less (M)
Cholesterol	30 mg	300 mg or less
Sodium	106 mg	2,400 mg or less
Carbohydrates	5 mg	250 g or more
Protein	2 g	55 g to 90 g

Cookies, cookies, cookies

continued from page 147

○ Easy ● Challenging ▼ Low-fat
◒ Moderate Ⓜ Microwave ▽ Low-calorie

Recipes marked with a snowflake ❄ can be frozen. See box following the recipes for storage recommendations.

HAZELNUT CRESCENTS (AUSTRIA)

These elegant Viennese treats are very delicate, so if you make them ahead, fill just before serving.

Prep time: 30 minutes ❄ ◒
Baking time: 15 minutes per batch

1 1/4 cups hazelnuts, toasted and skinned
1/3 cup sugar
1/4 cup all-purpose flour
Pinch salt
3 large egg whites
2 tablespoons butter, melted and cooled
1/4 cup apricot jam
Confectioners' sugar

Preheat oven to 350°F. Grease 2 cookie sheets. In food processor, process hazelnuts with sugar until ground fine. Add flour and salt; pulse to combine. Beat egg whites in mixer bowl until stiff but not dry. Gently fold in nut mixture, then melted butter.

Spoon batter into large pastry bag fitted with 3/8-inch round tip. Pipe 2-inch crescents on prepared cookie sheets. Bake 15 minutes or until firm. Cool on wire racks. Just before serving, spread apricot jam on flat side of half the cookies and top with remaining cookies. Sprinkle with confectioners' sugar. Makes 2 dozen.

Per cookie		Daily goal
Calories	75	2,000 (F), 2,500 (M)
Total fat	5 g	60 g or less (F); 70 g or less (M)
Saturated fat	1 g	20 g or less (F); 23 g or less (M)
Cholesterol	3 mg	300 mg or less
Sodium	26 mg	2,400 mg or less
Carbohydrates	7 mg	250 g or more
Protein	1 g	55 g to 90 g

SPECULAAS (BELGIUM)

We used an old-fashioned cookie mold to give these wonderful almond-spice cookies a classic design. To make them even prettier, we decorated them with icing (recipe on page 173).

Prep time: 20 minutes plus chilling ❄ ○
Baking time: 16 to 18 minutes

3 1/2 cups all-purpose flour
1/2 cup ground blanched almonds
2 teaspoons cinnamon
1 teaspoon ginger
1/2 teaspoon nutmeg
1/4 teaspoon baking soda
1/4 teaspoon salt
1/4 teaspoon cloves
1 cup unsalted butter, softened (no substitutions)
1 1/2 cups sugar
2 large eggs
1/2 teaspoon grated lemon peel

In large bowl, combine flour, almonds, cinnamon, ginger, nutmeg, baking so salt and cloves. Beat butter and sugc mixer bowl until light. Add eggs one time, beating until light and fluffy. Bed lemon peel. At low speed, gradually dry ingredients, beating until blended. dough into disk; wrap and refrigerat hours or overnight.

Preheat oven to 350°F. Greas cookie sheets. Divide dough into q ters. Lightly coat *speculaas* mold vegetable cooking spray. Sprinkle flour, tapping out excess. Betwee sheets of lightly floured wax paper, one quarter of dough 1/3 inch thick (k remaining dough refrigerated). Rem top sheet of wax paper and invert do over prepared mold. Gently press do into mold with rolling pin to remove air; remove remaining wax paper. edge of dough, then tap mold ge against work surface to loosen. Care unmold dough. With wide metal spat transfer to prepared cookie sheet. Re process with remaining dough, rerol scraps. Arrange cookies 2 inches a on prepared cookie sheets.

Bake 16 to 18 minutes, until edges golden and tops are firm when pres lightly with fingertip. Cool. Decorate if sired. Makes 2 dozen 2-inch cookies.

Note: Decorative molds for *speculaas* and *springerle* ies can be ordered by mail from The-House-on-the P.O. Box 5221, River Forest, IL 60305. Send $1 for log.

Per cookie		Daily goal
Calories	205	2,000 (F), 2,500 (M)
Total fat	10 g	60 g or less (F); 70 g or less (M)
Saturated fat	5 g	20 g or less (F); 23 g or less (M)
Cholesterol	39 mg	300 mg or less
Sodium	41 mg	2,400 mg or less
Carbohydrates	27 mg	250 g or more
Protein	3 g	55 g to 90 g

RUNNY BUTTER TARTS (CANAD

These cookies are a Christmas tradit bite-size cousins of the American chess or pecan pie.

Prep time: 35 minutes plus chilling ❄
Baking time: 12 to 13 minutes per batch

Pastry
- 2 1/4 cups all-purpose flour
- 1/4 teaspoon salt
- 1/2 cup cold butter, cut up (no substitutions)
- 1/4 cup vegetable shortening
- 4 to 5 tablespoons ice water

Filling
- 1 large egg
- 1 tablespoon hot water
- 1 1/2 teaspoons butter, melted (no substitutions)
- 1/2 teaspoon vanilla extract
- 1 cup firmly packed brown sugar
- 1/2 cup finely chopped walnuts

Pastry: Combine flour and salt in bc With pastry blender or 2 knives, cut in b ter and shortening until mixture resemb coarse crumbs. Sprinkle with ice wate tablespoon at a time, tossing with fork til pastry just holds together. *(continu*



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mparisons based
line averages.

Cookies, cookies, cookies

continued

Shape into ball; flatten into disk. Wrap and refrigerate 1 hour or overnight.
Filling: In large bowl, whisk egg, water, butter, vanilla and brown sugar until smooth. Stir in nuts.

Preheat oven to 400°F. Divide pastry in half. On lightly floured surface, roll one half 1/8 inch thick (keep remaining pastry refrigerated). Cut into circles with 2 3/4-inch round cookie cutter. Gently press each circle into 1 3/4-inch mini muffin-pan cup.

Spoon 1 teaspoon filling into pastry in each muffin cup. Bake 12 to 13 minutes, until tarts are golden brown. Cool in pans 5 minutes. Carefully transfer tarts to wire rack to cool completely. Repeat process with remaining pastry, rerolling scraps. Makes 4 dozen.

Per cookie		Daily goal
Calories	75	2,000 (F), 2,500 (M)
Total fat	4 g	60 g or less (F); 70 g or less (M)
Saturated fat	2 g	20 g or less (F); 23 g or less (M)
Cholesterol	10 mg	300 mg or less
Sodium	35 mg	2,400 mg or less
Carbohydrates	9 mg	250 g or more
Protein	1 g	55 g to 90 g

ALMOND COOKIES (CHINA)

Grown-ups will love the subtle flavor, and kids will delight in rolling the dough into balls and placing the whole nuts on top.
Prep time: 20 minutes ❄ ○
Baking time: 10 to 12 minutes per batch

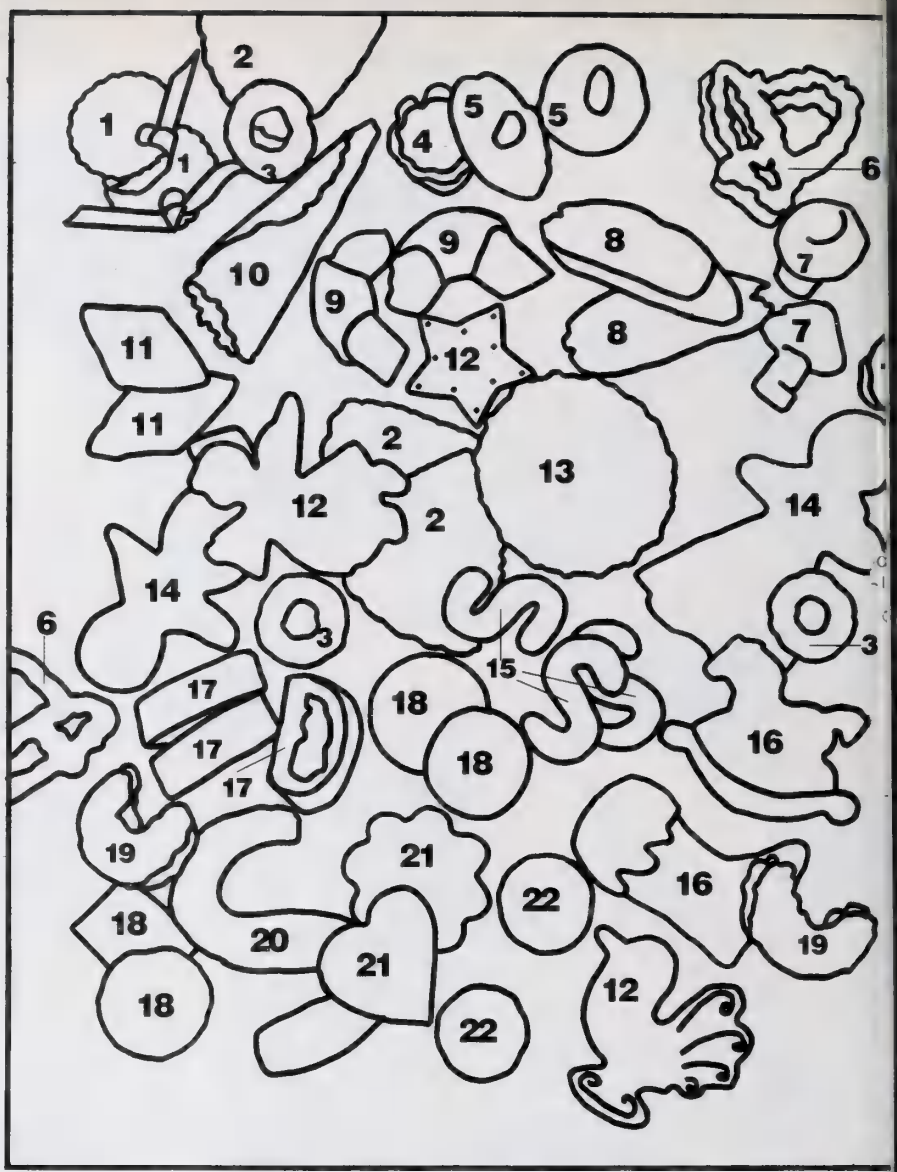
1 3/4 cups all-purpose flour
1 teaspoon baking powder
1/2 teaspoon baking soda
1/8 teaspoon salt
1/2 cup lard or vegetable shortening
3/4 cup sugar
1 large egg
1 teaspoon almond extract
1/2 teaspoon vanilla extract

1 large egg, lightly beaten
36 whole blanched almonds

Preheat oven to 350°F. Grease 2 cookie sheets. Combine flour, baking powder, baking soda and salt in bowl. Beat lard and sugar in mixer bowl until light. Add egg, beating until light and fluffy. Beat in almond and vanilla extracts. At low speed, gradually add dry ingredients, beating until blended.

Roll dough into 1 1/4-inch balls. Arrange 2 inches apart on prepared cookie sheets. Flatten each ball slightly with palm of hand and brush lightly with beaten egg. Gently press almond in center of each cookie. Bake 10 to 12 minutes, until golden brown. Cool on wire racks. Makes 3 dozen.

Per cookie		Daily goal
Calories	75	2,000 (F), 2,500 (M)
Total fat	3 g	60 g or less (F); 70 g or less (M)
Saturated fat	1 g	20 g or less (F); 23 g or less (M)
Cholesterol	15 mg	300 mg or less
Sodium	37 mg	2,400 mg or less
Carbohydrates	9 mg	250 g or more
Protein	1 g	55 g to 90 g



1. Rye Cookies 2. Shortbread 3. Marzipan Wreaths 4. Runny Butter Tarts 5. Almond Cookies 6. Rosettes 7. Meringue Mushrooms 8. Mandelbrot 9. Rugelach 10. Krumkake 11. Basler Brunsli 12. Bizcochos 13. Speculaas 14. Gingerbread Cookies 15. Kourabiedes 16. Maple Cookies 17. Cuccidati 18. Springerle 19. Hazelnut Crescents 20. Dutch Letters 21. Jodekager 22. Wedding Cakes

WEDDING CAKES (CUBA)

These nutty morsels are melt-in-your-mouth crowd-pleasers. If you prefer, use ground almonds for the pecans.
Prep time: 20 minutes ❄ ○
Baking time: 25 minutes per batch

2 cups all-purpose flour
1 cup toasted pecans, chopped fine
1/2 cup sifted confectioners' sugar
Pinch salt
1 teaspoon vanilla extract
1 cup butter, softened and cut up (no substitutions)
Additional confectioners' sugar, for decoration

Preheat oven to 325°F. In large bow combine flour, pecans, confectioners' su ar and salt. Stir in vanilla. With past blender or 2 knives, cut in butter until mi ture resembles fine crumbs. Gently knea dough until it begins to hold together. Ro dough into 3/4-inch balls and arrange 1 inches apart on ungreased cookie sheet Bake 25 minutes or until lightly browned Cool 5 minutes on wire racks, then roll i sifted confectioners' sugar and cool com pletely. Roll in additional sugar befor serving. Makes 4 1/2 dozen. *(continued*



Hidden Valley

THE ORIGINAL RANCH® AND A WHOLE LOT LESS.

Hidden Valley Low Fat Dressings let you enjoy the flavor you'd expect without all the fat. Or calories. And no cholesterol. Just six delicious dressings, rich in creamy flavor. For terrific taste, with less fat, come to Hidden Valley.



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WITH FOOD LIKE THIS, WHO WOULDN'T



HIDDEN VALLEY RANCH® OYSTER CRACKERS

1 package (1 oz.) Hidden Valley Ranch® Original Ranch® Salad Dressing Mix
½ teaspoon dill weed
¾ cup salad oil
5 cups plain oyster crackers
(optional: ¼ teaspoon lemon pepper, ¼ teaspoon garlic powder)

Preheat oven to 250°F. Combine salad dressing mix with dill weed and oil. Pour over crackers, stir to coat. Place in oven for 15 to 20 minutes. Stir gently halfway through baking.

HIDDEN VALLEY RANCH® SAUSAGE STA

2 cups (1 lb.) cooked crumbled sausage
1½ cups grated sharp Cheddar cheese
1½ cups grated Monterey Jack cheese
1 cup prepared Hidden Valley Ranch® Origina Ranch® Salad Dressing Mix
1 can (2.25 oz.) sliced ripe olives
½ cup chopped red pepper
1 package fresh or frozen won ton wrappers (or egg roll wrappers cut in 4ths)
vegetable oil

Preheat oven to 350°F. Blot sausage dry with paper towels and combine with cheeses, salad dressing, olives and red pepper. Lightly grease a mini (or regular) muffin tin and press 1 wrapper in each cup. Brush with oil. Bake 5 minutes until golden. Remove from tins, place o baking sheet. Fill with sausage mixture. Bake 5 minutes until bubbly. Makes 4 to 5 dozen.

COME DASHING THROUGH THE SNOW?



'Tis the seasonings of Hidden Valley Ranch Salad Dressing Mix that give these recipes their special flavor. They're easy. They're delicious. They're gone!

HIDDEN VALLEY RANCH® PINWHEELS

2 packages (8 oz. each) cream cheese, softened
1 package (1 oz.) Hidden Valley Ranch® Original Ranch® Salad Dressing Mix
2 green onions, minced
4 (12 inch) flour tortillas
1 jar (4 oz.) diced pimiento
1 can (4 oz.) diced green chiles
1 can (2.25 oz.) sliced black olives

Mix first three ingredients. Spread on tortillas. Drain vegetables and blot dry on paper towels. Sprinkle equal amounts of remaining ingredients on top of cream cheese. Roll tortillas tightly. Chill at least 2 hours. Cut rolls into 1-inch pieces. Discard ends. Serve with spirals facing up. Makes 3 dozen.

MANUFACTURER'S COUPON | EXPIRES 3/31/93

40¢ SAVE 40¢ 40¢

ON TWO SINGLE PACKAGES OF HIDDEN VALLEY RANCH® SALAD DRESSING MIX

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RETAILER: As our agent for redemption, you will be reimbursed in accordance with the HVR Company's redemption policy. To redeem this coupon or to request a copy of our redemption policy, send to: The HVR Company, CMS Dept. 44600, 1 Fawcett Dr., Del Rio, TX 78840. Void if reproduced. Offer void where prohibited, taxed or required to be licensed by law. CONSUMER: Only one coupon of any type may be used with the purchase of the specified product and size indicated. You must pay all applicable sales tax.

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The Parmesan Cheese Is Real. The Taste Is Incredible.

New Creamy Parmesan captures the sharp flavor of grated parmesan cheese in a sensational salad dressing. Hidden Valley® has blended rich, creamy dressing with golden crumbles of real parmesan. One taste will tell you–the flavor of Creamy Parmesan is truly incredible.



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E COOKIES (FINLAND)

se Finnish delicacies are a tasty—and orative—way to use rye flour. Add rib- s and hang them on your holiday tree.
p time: 10 minutes
ing time: 5 to 7 minutes per batch

up all-purpose flour
cup rye flour
teaspoon salt
cup unsalted butter, softened (no substitutions)
cup sugar

mbine flours and salt in bowl. Beat but- and sugar in mixer bowl until light and y. Gradually beat in dry ingredients. reheat oven to 375°F. Grease 2 cook- sheets. On lightly floured surface with ured rolling pin, roll dough 1/8 inch k. Cut with 2-inch scalloped cookie er. Transfer to cookie sheets and cut 1/2-inch circle slightly off center. Prick h cookie with fork. Bake 5 to 7 min- s, until lightly browned. Cool on wire cs. Decorate with ribbon. Makes 2 1/2 en.

ookie		Daily goal
es	55	2,000 (F), 2,500 (M)
at	3 g	60 g or less (F); 70 g or less (M)
ted fat	2 g	20 g or less (F); 23 g or less (M)
terol	9 mg	300 mg or less
n	12 mg	2,400 mg or less
ydrates	6 mg	250 g or more
n	1 g	55 g to 90 g

RINGUE MUSHROOMS ANCE)

gift giving, place a few meringues in a duce basket and cover with colored ophane wrap. Joyeux Noël!
n time: 45 minutes
ing time: 2 hours

rge egg whites, at room temperature
teaspoon cream of tartar
teaspoon salt
aspoon vanilla extract
up sugar
unces semisweet chocolate, melted
weetened cocoa, for decoration

heat oven to 225°F. Line 2 cookie ets with foil. Beat egg whites, cream of ar and salt in large mixer bowl at dium speed until frothy. Gradually in- asing speed to high, add vanilla and ar, 2 tablespoons at a time; beat until ar is dissolved and stiff peaks form, 5 utes.

stems: Spoon meringue into pastry with 1/2-inch round tip. Holding tip cally, close to foil, press gently while ly raising bag straight up. Cut stem tip with small knife. Make forty-eight 1 1/2-inch stems.

caps: Keeping tip close to foil, hold vertically and press to form 48 ingue mounds, each 1 1/2 inches wide. ooth tops of caps with moist fingertip.

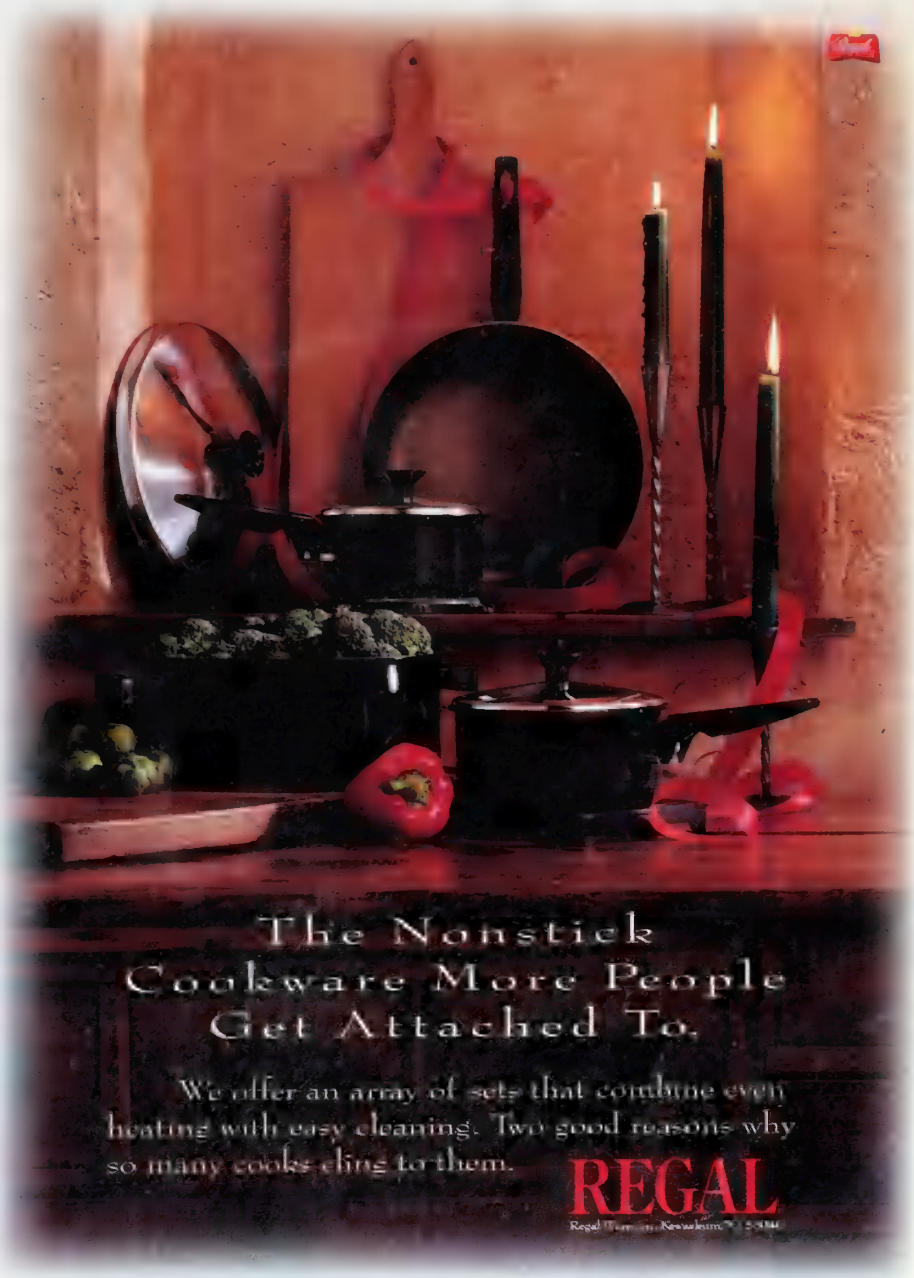
ake meringue stems and caps 2 rs. Turn oven off and cool completely ven.

(continued)

Caramel Apple Dip

1 pkg. (8 ounces) light cream cheese, softened
1/3 cup brown sugar
1 teaspoon vanilla
1/2 teaspoon caramel or maple flavoring
1/4 cup plain yogurt
3-4* Granny Smith apples
1 cup unsalted dry roasted peanuts, chopped

In medium bowl, beat cream cheese until smooth. Beat in brown sugar, vanilla, and flavoring. Stir in yogurt. Refrigerate to blend flavors, 3 hours or overnight. Before serving, let stand 30-45 minutes and mix well. Spoon into small serving dish in center of large plate. Put chopped peanuts in another small dish. Core but do not peel apples; cut into half-inch thick slices and cut each slice in half. Arrange apples around dishes on plate. Using toothpick, dip apple wedges into sauce, then into peanuts. Note: *Cut only the amount of apples to be eaten within an hour. Leftover dip can be refrigerated up to 2 weeks. Variation: Serve with fresh pear wedges. Makes 72-96.



For the name of a Regal retailer in your area call 1-800-828-6344.



Cream Pie

vs.



Dream Pie

So light. So fluffy.
So Dream Pie.

2 envelopes DREAM WHIP® Whipped Topping Mix

2½ cups cold milk

1 teaspoon vanilla

2 packages (4-serving size) JELL-O® Chocolate Flavor Instant Pudding & Pie Filling

1 baked 9-inch pie shell, cooled.

COMBINE whipped topping mix with 1 cup milk and vanilla in large mixer bowl. Beat on HIGH with electric mixer about 6 minutes or until topping thickens and forms peaks.

ADD remaining milk and pie filling mix; blend on LOW. Beat on HIGH for 2 minutes, scraping bowl occasionally.

SPOON into pie shell. Refrigerate at least 4 hours. Refrigerate any leftover pie. Makes 8 servings.

Dream Whip® whipped topping mix



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Cookies, cookies, cookies

continued

To assemble, spread 1/2 teaspoon melted chocolate on underside of cap and attach stem. Let set in cool, dry place before turning upright. *(Can be made ahead. Store in airtight containers up to 2 days. Do not freeze.)* Sprinkle tops lightly with cocoa. Makes 4 dozen mushrooms.

Per cookie		Daily goal
Calories	35	2,000 (F), 2,500 (M)
Total fat	1 g	60 g or less (F); 70 g or less (M)
Saturated fat	1 g	20 g or less (F); 23 g or less (M)
Cholesterol	0 mg	300 mg or less
Sodium	10 mg	2,400 mg or less
Carbohydrates	6 mg	250 g or more
Protein	0 g	55 g to 90 g

MAPLE COOKIES (FRENCH CANADA)

Test-kitchen favorite *Nothing but real maple syrup will do in these fabulous cut-out cookies. We found the recipe in the cookbook "A Taste of Quebec," by Julian Armstrong.*

Prep time: 45 minutes plus chilling
Baking time: 8 to 10 minutes per batch

3 1/2 cups all-purpose flour
2 teaspoons baking powder
1/2 teaspoon salt
1 cup butter, softened (no substitutions)
1 cup firmly packed brown sugar
2 large eggs
1/3 cup pure maple syrup
1 teaspoon vanilla extract

Combine flour, baking powder and salt in medium bowl. Beat butter with brown sugar in mixer bowl until light. Add eggs one at a time, beating until light and fluffy. Beat in syrup and vanilla. Gradually add dry ingredients, beating just until blended. Wrap dough and refrigerate 4 hours or overnight.

Preheat oven to 350°F. Grease 2 cookie sheets. Divide dough into quarters. Between 2 sheets of wax paper, roll one quarter of dough 1/8 inch thick (keep remaining dough refrigerated). Remove top sheet of wax paper. Cut into desired shapes with cookie cutters and transfer to prepared cookie sheets. Bake 8 to 10 minutes, until edges are golden. Repeat with remaining dough, rerolling scraps. Decorate as desired. Makes 6 dozen.

Per cookie		Daily goal
Calories	65	2,000 (F), 2,500 (M)
Total fat	3 g	60 g or less (F); 70 g or less (M)
Saturated fat	2 g	20 g or less (F); 23 g or less (M)
Cholesterol	13 mg	300 mg or less
Sodium	57 mg	2,400 mg or less
Carbohydrates	9 mg	250 g or more
Protein	1 g	55 g to 90 g

SPRINGERLE (GERMANY)

Definitely do-ahead, these anise-flavored cookies improve with age. The molds may vary in size, shape and design, but the results are always scrumptious.

Prep time: 25 minutes plus standing
Baking time: 40 to 55 minutes

1 tablespoon anise seeds, crushed
3 cups all-purpose flour
Pinch salt
3 large eggs, at room temperature
1 1/2 cups sugar
1/2 teaspoon vanilla extract
1/2 teaspoon grated lemon peel

Grease 1 cookie sheet and sprinkle ev with anise seeds. Combine flour and in bowl. Beat eggs in mixer bowl at h speed until thick and pale, 2 minu Gradually beat in sugar; beat 2 min more. At medium speed, beat in va and lemon peel. Gradually add dry in dients, stirring with spoon, to form dough.

Knead dough on work surface 5 ti or until smooth. Divide dough in half. lightly floured surface, roll one hal dough 1/4-inch thick. Lightly sprin *springerle* rolling pin or mold with fl Firmly roll or press mold into dough to print designs. (Cookies should be ab 1/4 inch thick.) Cut out designs with k Place 1/2 inch apart on prepared co sheet. Repeat process with remain dough, rerolling scraps. Let stand at ro temperature 12 hours to dry.

Preheat oven to 250°F. Bake small co ies 40 minutes, large cookies 50 to 55 m utes, until tops are firm but not colo Cool completely on wire rack. For best vor, store in airtight container 2 to 4 we Decorate if desired. Makes 3 1/2 dozen.

Note: To order *springerle* mold, see note on page 160

Per cookie		Daily goal
Calories	65	2,000 (F), 2,500 (M)
Total fat	5 g	60 g or less (F); 70 g or less (M)
Saturated fat	0 g	20 g or less (F); 23 g or less (M)
Cholesterol	15 mg	300 mg or less
Sodium	9 mg	2,400 mg or less
Carbohydrates	14 mg	250 g or more
Protein	1 g	55 g to 90 g

KOURABIEDES (GREECE)

These S-shaped butter cookies get t fabulous flavor from the whole cloves serted in each one.

Prep time: 1 hour plus chilling
Baking time: 15 to 17 minutes per batch

2 cups all-purpose flour
3/4 cup ground toasted blanched almo
1/2 teaspoon baking powder
1/4 teaspoon salt
1 cup unsalted butter, softened (no substitutions)
1/2 cup confectioners' sugar
1 large egg yolk
2 tablespoons brandy
1 teaspoon vanilla extract
1/4 cup whole cloves
Additional confectioners' sugar, for decoration

Combine flour, almonds, baking pow and salt in bowl. Beat butter and cor tioners' sugar in mixer bowl. Beat in yolk until light and fluffy. Beat in bra and vanilla. At low speed, gradually dry ingredients, beating just until blen Wrap and refrigerate 6 hours overnight.

Preheat oven to 325°F. *(contin*



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Sensational Double Layer Pumpkin Pie

4 ounces cream cheese, softened*
1 tablespoon milk or half-and-half
1 tablespoon sugar
1 ½ cups thawed **COOL WHIP®** Whipped Topping
1 **KEEBLER® READY-CRUST®** Graham Cracker Pie Crust (6 oz.)
1 cup milk or half-and-half
2 packages (4-serving size) **JELL-O®** Vanilla Flavor Instant Pudding & Pie Filling
1 can (16 oz.) pumpkin
1 teaspoon ground cinnamon
½ teaspoon ground ginger
¼ teaspoon ground cloves

*HELPFUL HINT: Soften cream cheese in microwave on HIGH 15 to 20 seconds.

• MIX cream cheese, milk and sugar in large bowl with wire whisk until smooth. Gently stir in whipped topping. Spread on bottom of crust.

• POUR 1 cup milk into bowl. Add pudding mix. Beat with wire whisk until well blended, 1 to 2 minutes. (Mixture will be thick.)

• STIR in pumpkin and spices with wire whisk; mix well. Spread over cream cheese layer. Refrigerate at least 3 hours. Garnish with additional whipped topping and nuts if desired. Makes 8 servings.

For recipe information using JELL-O® Cook & Serve or Sugar Free JELL-O® Instant Pudding & Pie Filling, call 1-800-729-4545.

Make Your Pumpkin Pie Double Delicious.







Grease 2 cookie sheets. On lightly floured surface, roll dough by teaspoonfuls into 4-inch-long ropes. Arrange 1 rope on prepared cookie sheet in an S shape. Repeat with remaining ropes, placing them 1 inch apart; gently press 1 whole clove in center of each. Bake 15 to 17 minutes, until lightly golden. Cool slightly on wire racks, 5 minutes. Generously sift confectioners' sugar on top and cool completely. Store in airtight container up to 1 week. Makes 6 dozen.

Per cookie		Daily goal
Calories	50	2,000 (F), 2,500 (M)
Total fat	3 g	60 g or less (F); 70 g or less (M)
Saturated fat	2 g	20 g or less (F); 23 g or less (M)
Cholesterol	10 mg	300 mg or less
Sodium	13 mg	2,400 mg or less
Carbohydrates	4 mg	250 g or more
Protein	1 g	55 g to 90 g

MANDELBROT (ISRAEL)

This firm cookie is perfect for dunking, and it's equally tasty with coffee, tea, cocoa or hot cider.

Prep time: 20 minutes ✻ ○
Baking time: 39 to 44 minutes

3 cups all-purpose flour
1 teaspoon baking powder
1 teaspoon anise seeds, crushed
1/2 teaspoon grated lemon peel
1/4 teaspoon salt
1 cup sugar
6 tablespoons vegetable oil
3 large eggs
1/2 cup finely chopped walnuts or almonds

Preheat oven to 350°F. Combine flour, baking powder, anise seeds, lemon peel, and salt in bowl. Beat sugar, oil and eggs in large mixer bowl at high speed until pale and thick. Gradually add dry ingredients, beating until well blended. Stir in walnuts.

Divide dough in half. With floured hands, shape each half into 12x3-inch loaf. Place 3 inches apart on ungreased cookie sheet. Bake 25 to 30 minutes, until lightly browned. Cut each log diagonally into 1/2-inch slices. Place cut side down on cookie sheets. Bake 7 minutes per side, until lightly toasted. Makes 3 dozen.

Per cookie		Daily goal
Calories	95	2,000 (F), 2,500 (M)
Total fat	4 g	60 g or less (F); 70 g or less (M)
Saturated fat	5 g	20 g or less (F); 23 g or less (M)
Cholesterol	18 mg	300 mg or less
Sodium	33 mg	2,400 mg or less
Carbohydrates	14 mg	250 g or more
Protein	2 g	55 g to 90 g

CUCCIDATI (ITALY)

If you love Fig Newtons, you'll adore these Italian fig cookies. They're best if sliced just before serving.

Prep time: 1 1/2 hours plus chilling ✻ ○
Baking time: 22 to 28 minutes

Filling
6 Granny Smith apples, peeled and chopped fine (8 cups)
1 bag (8 oz.) Calimyrna figs, chopped fine (1 3/4 cups)
8 ounces whole pitted dates, chopped fine (1 3/4 cups)
1/2 cup fresh orange juice
1/3 cup sugar
1 cup chopped walnuts

5 cups all-purpose flour
2 teaspoons baking powder
1 teaspoon baking soda
1/2 teaspoon salt
1 cup butter or margarine, softened
1 cup sugar
2 large eggs
1 cup sour cream
2 teaspoons vanilla extract
Confectioners' sugar

Filling: Combine apples, figs, dates, orange juice and sugar in Dutch oven; cover and cook, stirring occasionally, over medium-low heat until tender, 25 minutes. Cook uncovered, stirring, until dry, 5 minutes more. Cool completely. Refrigerate until ready to assemble cookies. Stir in walnuts. Makes 6 1/2 cups.

Grease 2 cookie sheets. Combine flour, baking powder, baking soda and salt in medium bowl. Beat butter and sugar in mixer bowl until light. Add eggs one at a time, beating until light and fluffy. Beat in sour cream and vanilla. Gradually add dry ingredients, beating until blended. Wrap and refrigerate 1 hour.

Preheat oven to 350°F. Divide dough into 8 equal pieces. On lightly floured surface, roll 1 piece into an 8-inch rope. With floured rolling pin, roll rope into 10x5-inch rectangle. Spoon 3/4 cup filling down center of rectangle. Fold sides over filling and pinch together to seal. Place log seam side down on prepared cookie sheet. Repeat with remaining dough and filling, arranging 4 logs on each sheet.

Place cookie sheets on 2 oven racks. Bake logs 22 to 28 minutes, until just golden, switching pans halfway through. Cool on wire racks. Just before serving, sift confectioners' sugar over logs. Cut into 1/2-inch slices with serrated knife. Makes 12 dozen.

Per cookie		Daily goal
Calories	55	2,000 (F), 2,500 (M)
Total fat	2 g	60 g or less (F); 70 g or less (M)
Saturated fat	1 g	20 g or less (F); 23 g or less (M)
Cholesterol	7 mg	300 mg or less
Sodium	35 mg	2,400 mg or less
Carbohydrates	9 mg	250 g or more
Protein	1 g	55 g to 90 g

BIZCOCHOS (MEXICO)

New York chef Zarela Martinez, whose latest book is "Food From My Heart," shared these Mexican childhood favorites with us.

Prep time: 30 minutes plus chilling ✻ ◒
Baking time: 6 to 7 minutes per batch

3 1/4 cups all-purpose flour
1 1/2 teaspoons baking powder
1/4 teaspoon salt
1/2 pound lard or 1 cup butter, softened
2/3 cup plus 1/2 cup sugar
1 large egg
1 1/2 teaspoons grated orange peel
1 tablespoon cinnamon

Combine flour, baking powder and salt i medium bowl. Beat lard in mixer bowl un til light and fluffy. Gradually beat in 2/ cup sugar. Beat in egg and orange pee Gradually add dry ingredients, beatin until blended. Cover and refrigerate hours or overnight.

Preheat oven to 375°F. Divide dough i half. On lightly floured surface, roll on half of dough 1/8 inch thick with light floured rolling pin. Cut into desire shapes with cookie cutters. Transfer to un greased cookie sheets. Bake 6 to 7 min utes, until edges are golden. Transfer t wire racks. Combine remaining 1/2 cu sugar with 1 tablespoon cinnamon an sprinkle over warm cookies. Cool com pletely. Repeat with remaining dough Makes 6 dozen.

Per cookie		Daily goal
Calories	65	2,000 (F), 2,500 (M)
Total fat	3 g	60 g or less (F); 70 g or less (M)
Saturated fat	1 g	20 g or less (F); 23 g or less (M)
Cholesterol	6 mg	300 mg or less
Sodium	17 mg	2,400 mg or less
Carbohydrates	8 mg	250 g or more
Protein	1 g	55 g to 90 g

F.Y.I.

Baking hot line

Do your cookies fall apart when you remove them from the baking sheet? Does the batter ooze into one giant cookie? If you have questions about holiday baking, it's likely that the Land O' Lakes Bakeline has the answer. Call 800-782-9606; the hot line is open every day from November 1 through December 24, 8 A.M. to 6 P.M. Eastern time. If your question concerns a cookie recipe from this issue, please tell the operator. Happy baking!

DUTCH LETTERS (THE NETHERLANDS)

What makes these flaky cookies so spe cial? The almond-paste centers, of cours plus the fun you'll have shaping the doug into any letters you want.

Prep time: 1 hour 20 minutes plus chilling ✻
Baking time: 20 minutes per batch

Pastry
3 cups all-purpose flour
1/4 teaspoon salt
1 cup cold unsalted butter, cut up (no substitutions)
1 large egg yolk
6 to 7 tablespoons ice water

(continue

We discovered a healthier way to make fried food.

(Isn't that a contradiction?)

Not if you know about all the remarkable benefits that come from cooking with a Tefal Supercool fryer. With its precision preset thermostat, the Tefal Supercool fryer maintains a perfect oil temperature so that food is sealed on e outside and absorbs less oil than with the traditional methods of frying. The result is food that is crispier, tastier and tter for you. And, of course, it's healthier to use a olesterol-free cooking oil.

The Tefal Supercool fryer is also designed fer than any other fryer. For example, its tside thermal layer of insulation ensures at the fryer is always cool to the touch hen in use. The safety-locking d prevents spills. The ingeni- s wind-down basket lowers e food from the tside to eliminate l splatters. And there's a arcoal filter which absorbs unwanted cooking odors.



The Tefal Supercool fryer is changing the nes to making fried food healthier, is the idea way people think about fried food. The only contradiction when it of making it without a Tefal Supercool fryer.

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TEFAL
You've Thought Of It All.

Filling
- 1 tube (7 oz.) or 3/4 cup almond paste
- 1/3 cup sugar
- 1 large egg
- 1/4 teaspoon grated lemon peel
- 1 large egg white, lightly beaten
- 2 tablespoons sugar

Pastry: Combine flour and salt in bowl. With pastry blender or 2 knives, cut in butter until mixture resembles fine crumbs. Blend egg yolk and 2 tablespoons ice water in cup with fork. Drizzle into flour mixture, tossing with fork. Add remaining ice water one tablespoon at a time, tossing until pastry just holds together. Divide pastry into quarters. Press each quarter into 4-inch square. Wrap and refrigerate 1 hour or overnight.

Filling: Beat all ingredients in mixer bowl until light and fluffy. Spoon into heavy-duty plastic storage bag; seal. Refrigerate 1 hour or overnight.

Preheat oven to 375°F. Between 2 sheets of lightly floured wax paper, roll one quarter of pastry into 9 1/2-inch square about 1/8 inch thick. With ruler and sharp knife, trim pastry to 9-inch square, then cut into four 2 1/4 x9-inch strips. Lightly brush 1 strip with water. Snip one corner of plastic bag with scissors and pipe filling 1/2 inch thick down center of pastry strip, leaving 1/2-inch border of pastry at both ends. Fold one long side of pastry over filling; fold opposite side over and press edges to seal. Place pastry roll seam side down on ungreased cookie sheet. Shape into an S or other letter. Brush top lightly with beaten egg white and sprinkle lightly with sugar. Repeat process with remaining 3 pastry strips, arranging cookies 2 inches apart on cookie sheet.

Bake 20 minutes or until pastry is golden brown. Cool on wire rack. Repeat process with remaining pastry and filling. Makes 16.

Per 1/2 cookie		Daily goal
Calories	140	2,000 (F), 2,500 (M)
Total fat	8 g	60 g or less (F); 70 g or less (M)
Saturated fat	4 g	20 g or less (F); 23 g or less (M)
Cholesterol	29 mg	300 mg or less
Sodium	23 mg	2,400 mg or less
Carbohydrates	14 mg	250 g or more
Protein	2 g	55 g to 90 g

KRUMKAKE (NORWAY)

Although there are many European versions of a very flat, wafer-thin butter cookie with an embossed design from the baking iron, we're especially fond of this one.

Prep time: 15 minutes plus standing
Cooking time: 45 to 90 seconds per cookie

- 1 1/2 cups all-purpose flour
- 1/4 teaspoon cardamom
- 1/8 teaspoon salt
- 1 cup sugar
- 6 tablespoons unsalted butter, softened (no substitutions)
- 2 large eggs, at room temperature
- 2/3 cup milk
- 1/3 cup heavy or whipping cream
- 1 teaspoon shortening

Combine flour, cardamom and salt in bowl. Beat sugar and butter in mixer bowl. Add eggs one at a time, beating well after each addition. Add dry ingredients, then milk and cream, beating until smooth. Let stand 30 minutes.

Meanwhile, heat stovetop *krumkake* iron over medium heat or preheat electric *krumkake* iron according to manufacturer's directions. Lightly brush inside of iron with shortening. Spoon 1 tablespoon batter in center; close iron and cook 45 seconds. If using stovetop iron, turn iron over and cook 35 to 45 seconds more, until lightly browned. Transfer cookie to wire rack. While still warm, roll cookie into cone or cigar shape. Cool completely. Repeat with remaining batter. Store in airtight container up to 1 week. Makes 3 dozen.

Note: *Krumkake* irons can be ordered from Maid of Scandinavia; call 800-328-6722.

Per cookie		Daily goal
Calories	75	2,000 (F), 2,500 (M)
Total fat	3 g	60 g or less (F); 70 g or less (M)
Saturated fat	2 g	20 g or less (F); 23 g or less (M)
Cholesterol	21 mg	300 mg or less
Sodium	15 mg	2,400 mg or less
Carbohydrates	10 mg	250 g or more
Protein	1 g	55 g to 90 g

TEST-KITCHEN TIP

To bake tender, flaky, flavorful cookies, using the right type of fat is crucial. All fats and spreads are not the same, nor are they interchangeable. The recipes in this story have been developed with butter, margarine, shortening or lard. However, the choice of butters, margarines and spreads that are available can confuse even an expert baker.

A good rule of thumb for holiday baking: Stick to the type of fat called for in the recipe. And if the recipe calls for butter or margarine, use it in stick form.

By law, only products that contain 80 percent fat can be labeled butter or margarine. Any product that contains less is called a spread, blend light or light butter. While these spreads may be fine for the table, they will not produce successful cookies. Butter or margarine that comes whipped or in tubs has a higher percentage of water and less fat than sticks and therefore is not recommended for baking.

RUGELACH (RUSSIA)

The usual addition of yeast makes th dough easier to handle than other ve sions of this crescent-shaped, cinnamo nut cookie.

Prep time: 1 hour 20 minutes plus chilling
Baking time: 12 to 15 minutes per batch

Dough
- 1 package active dry yeast
- 2 tablespoons sugar
- 1/2 cup warm water (105°F.–115°F.)
- 3 cups all-purpose flour
- 1/2 teaspoon salt
- 3 large egg yolks
- 1/2 cup heavy or whipping cream
- 1 teaspoon vanilla extract
- 1 cup butter or margarine, softened

Walnut Filling
- 2 large egg whites
- 1 3/4 cups toasted walnuts, chopped fine
- 3/4 cup sugar
- 1/8 teaspoon salt

3/4 cup sugar
3 tablespoons cinnamon

Dough: Dissolve yeast and sugar in wat in bowl. Combine flour and salt in mixi bowl. With heavy-duty mixer at low spee or by hand, beat in yeast mixture, eg yolks, cream and vanilla. Beat in butter tablespoons at a time. Wrap dough ar refrigerate several hours or overnight.

Filling: Meanwhile, beat egg whites to so peaks. Fold in walnuts, sugar and sa Makes 1 2/3 cups.

Preheat oven to 350°F. Line 2 cook sheets with foil; grease foil. Combine su ar and cinnamon in small bowl; sprinkle heaping tablespoon on work surface. D vide dough into 10 pieces. Shape in balls. Refrigerate until ready to use. Roll ball into 8-inch circle, turning to coat w with cinnamon-sugar. Cut into 8 wedge Place 1 level teaspoon walnut filling o the outer edge of each wedge. Ro wedges up from outer edge. Transfer cookie sheet, curving into cresce shapes. Repeat with remaining doug cinnamon-sugar and filling. Bake 12 15 minutes, until browned and puffe Cool on wire racks. Makes 80.

Per cookie		Daily goal
Calories	80	2,000 (F), 2,500 (M)
Total fat	5 g	60 g or less (F); 70 g or less (M)
Saturated fat	2 g	20 g or less (F); 23 g or less (M)
Cholesterol	16 mg	300 mg or less
Sodium	44 mg	2,400 mg or less
Carbohydrates	8 mg	250 g or more
Protein	1 g	55 g to 90 g

MARZIPAN WREATHS (SPAIN)

These gorgeous no-bake cookies are real Christmas present for true almon paste lovers.

Total prep time: 45 minutes plus standing

- 1/2 pound blanched almonds, chopped
- 1/4 cup granulated sugar
- 1 large egg white

(continue

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- 2½ to 3-pound chicken, cut into serving pieces
- 1 envelope Lipton Savory Herb with Garlic Recipe Soup Mix
- 2 tablespoons water
- 1 tablespoon olive or vegetable oil

Preheat oven to 375°. In 13 x 9-inch baking pan, arrange chicken. In small bowl, combine remaining ingredients; brush on chicken. Bake 45 minutes or until chicken is done. Makes about 4 servings.

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Cookies, cookies, cookies

continued

1 cup confectioners' sugar
1 tablespoon water
1 teaspoon almond extract

Orange Glaze
1 cup confectioners' sugar
4 teaspoons milk
1/4 teaspoon grated orange peel

Colored sugar, for decoration

Process almonds and granulated sugar in food processor or blender until almonds are ground to fine crumbs (cornmeal consistency). Beat egg white, confectioners' sugar, water and almond extract in mixer bowl until blended. Add almond mixture, stirring to make a thick paste.

Sprinkle work surface with confectioners' sugar. Roll dough by rounded teaspoonfuls into 3 1/2-inch-long ropes about 3/8 inch thick. Shape ropes into rings. Transfer to wire rack. Let stand uncovered at room temperature until dry, 24 hours.

Place rack over sheet of wax paper. Dip top of each ring in Orange Glaze, then in colored sugar. Let stand on wire rack until glaze is hardened. Store in covered container up to 2 weeks. Makes about 3 dozen.

Orange Glaze: Whisk all ingredients in small bowl until smooth.

Per cookie		Daily goal
Calories	70	2,000 (F), 2,500 (M)
Total fat	3 g	60 g or less (F); 70 g or less (M)
Saturated fat	0 g	20 g or less (F); 23 g or less (M)
Cholesterol	0 mg	300 mg or less
Sodium	2 mg	2,400 mg or less
Carbohydrates	9 mg	250 g or more
Protein	1 g	55 g to 90 g

ROSETTES (SWEDEN)

The key to making these very delicate fried cookies is heating the oil to the correct temperature. A rosette iron can be purchased at good kitchenware stores.
Prep time: 5 minutes plus chilling
Cooking time: 30 minutes

1 cup all-purpose flour
2 tablespoons granulated sugar
Pinch salt
2 large eggs
1 cup milk
2 quarts vegetable oil
3/4 cup sifted confectioners' sugar

Combine flour, granulated sugar and s in bowl. In another bowl, lightly beat eg and milk until blended. Gradually whi milk into dry ingredients until smoot Cover and refrigerate 1 hour.

Heat oil in Dutch oven or lar saucepan over medium-high heat 375°F. Dip rosette iron into hot oil. T off excess oil and dip iron into batter ur iron is about three-quarters covered. (not immerse completely.) Fry until rose slips off iron; remove iron and contin frying until golden, about 40 seconds t tal. (If rosette does not come off irc carefully remove with fork.) With slotti spoon, transfer to paper towels to dra Repeat frying cookies, heating iron ea time and stirring batter before dipping.

When rosettes are cool, sprinkle w confectioners' sugar. Store in airtight ca tainer at room temperature up to 1 wee Makes 6 dozen.

Per cookie		Daily goal
Calories	35	2,000 (F), 2,500 (M)
Total fat	3 g	60 g or less (F); 70 g or less (M)
Saturated fat	0 g	20 g or less (F); 23 g or less (M)
Cholesterol	6 mg	300 mg or less
Sodium	5 mg	2,400 mg or less
Carbohydrates	3 mg	250 g or more
Protein	0 g	55 g to 90 g

BASLER BRUNSLI (SWITZERLAND)

Food editor's favorite *As befits th Alpine origin, these chocolate-nut confe tions, with a hint of cinnamon and clov are the pinnacle of holiday cookies.*
Prep time: 40 minutes ❄
Baking time: 12 to 14 minutes per batch

3 squares (3 oz.) unsweetened chocolat chopped
1 cup natural almonds
1 cup toasted hazelnuts
4 cups confectioners' sugar, divided
1/2 teaspoon cinnamon
1/8 teaspoon cloves
1/8 teaspoon salt
2 large egg whites
1 square (1 oz.) semisweet chocolate, melted, for decoration
1 ounce white chocolate, melted, for decoration

Place unsweetened chocolate in food p cessor and pulse until ground fine; tra fer to sheet of wax paper. Place nuts processor and pulse until ground fine. F turn chocolate to processor with 2 1/2 cu confectioners' sugar, and the cinnamo cloves and salt; process until combine With machine on, add egg whites a

ess until dough just forms ball.
eheat oven to 325°F. Line 2 cookie
ts with foil. Generously sprinkle work
ice with confectioners' sugar. Knead
gh until it is no longer sticky, adding
fectioners' sugar as needed. Roll
gh into 14x9-inch rectangle, 1/4 inch
, adding more sugar to prevent stick-
Cut into 2 1/2 x1-inch diamonds.
sfer to cookie sheets. Bake 12 to 14
tes, until slightly firm and puffed. (Do
overbake.) Cool on sheets on wire
s. Remove cookies from foil and trim
es if desired. Drizzle with melted
colates. Makes 4 dozen.

okie		Daily goal
s	80	2,000 (F), 2,500 (M)
t	4 g	60 g or less (F); 70 g or less (M)
ed fat	1 g	20 g or less (F); 23 g or less (M)
erol	0 mg	300 mg or less
	9 mg	2,400 mg or less
ydrates	12 mg	250 g or more
	1 g	55 g to 90 g

IGERBREAD COOKIES
IITED STATES)

uldn't be Christmas without a few jolly
erbread people on your cookie platter.
time: 45 minutes plus chilling ❄ ◒
ng time: 8 to 10 minutes per batch

cups all-purpose flour
aspoons cinnamon
aspoon ginger
aspoon baking soda
easpoon nutmeg
1/4 teaspoon cloves
1/4 teaspoon salt
3/4 cup butter or margarine
1/2 cup sugar
1/2 cup unsulphured molasses
1 large egg, lightly beaten

Combine flour, cinnamon, ginger, baking soda, nutmeg, cloves and salt in bowl. Heat butter, sugar and molasses in saucepan over medium heat until butter is melted. Remove from heat. Pour into dry ingredients; stir. Add egg; stir until smooth. Let stand 10 minutes.

Divide dough in half. While still warm, roll each half of dough 1/8 inch thick between 2 sheets of wax paper. Refrigerate on cookie sheets at least 1 hour or overnight.

Preheat oven to 350°F. Grease 2 cookie sheets. Remove wax paper and cut dough with 2-inch cookie cutters. Transfer cutouts to prepared cookie sheets. Bake 8 to 10 minutes. Cool on wire racks. Reroll scraps and refrigerate; repeat cutting and baking. Decorate if desired. Makes 5 dozen.

Per cookie		Daily goal
Calories	55	2,000 (F), 2,500 (M)
Total fat	3 g	60 g or less (F); 70 g or less (M)
Saturated fat	1.5 g	20 g or less (F); 23 g or less (M)
Cholesterol	10 mg	300 mg or less
Sodium	49 mg	2,400 mg or less
Carbohydrates	8 mg	250 g or more
Protein	1 g	55 g to 90 g

CONFECTIONERS' ICING

Sift 2 cups confectioners' sugar into large bowl. Gradually stir in 5 to 7 teaspoons milk until smooth and just spreadable. Color as desired. Spread or pipe onto cookies. Let dry 1 to 2 hours. Makes 3/4 cup. ■

F.Y.I.

Storing cookies

Most holiday cookies can be stored at room temperature for several days without losing their fresh-baked flavor. For longer storage, they should be frozen. Cool completely, then pack in airtight containers with a sheet of wax paper or plastic wrap between each layer. Seal and freeze up to one month. Thaw covered at room temperature about two hours. To thaw only some of the cookies, place them in a single layer on a serving plate for about fifteen minutes.



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Glazed Cure 81® Ham

1 Cure 81® whole or half ham
1 can whole cranberry sauce
1 cup brown sugar
¼ cup orange juice
½ tablespoon corn starch
⅛ cup water

Bake Cure 81® ham according to label directions. Meanwhile, combine next three ingredients in sauce pan. Heat slowly. Add corn starch and water until thickened. 30 minutes before ham is done, remove from oven. Score surface; spoon on glaze. Continue basting with glaze during last 30 minutes of baking.

Antipasto

1 16-oz. pkg. frozen mixed vegetables
4 oz. Mozzarella cheese, cut in ½-inch cubes
¼ cup bottled Italian salad dressing
1 3½-oz. pkg. Hormel Homeland® Hard Salami
1 3½-oz. pkg. Hormel Di Lusso® Genoa Salami
1 3½-oz. pkg. Hormel Pepperoni
Leaf lettuce

Cook vegetables according to package directions. Drain; rinse under cold water. In large bowl, toss together vegetables, cheese and salad dressing. Roll up each meat slice. Spoon vegetable mixture onto lettuce-lined platter. Arrange meat around vegetables. Serves 8 to 10.

This holiday be sure to help yourself to all your favorite Hormel meat products—in fact, the more, the better. That's because once again we're helping the hungry by donating Cure 81® hams to charities all across the country. The more you buy Hormel meat products, the more hams we'll be contributing.

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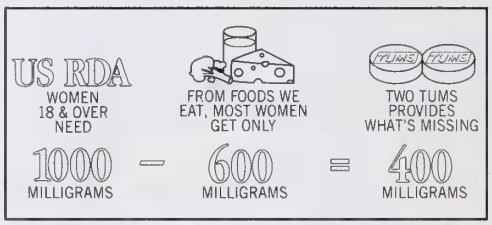

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Chicken Vegetable Stir-Fry

Prep: 15 min. Cook: 20 min.

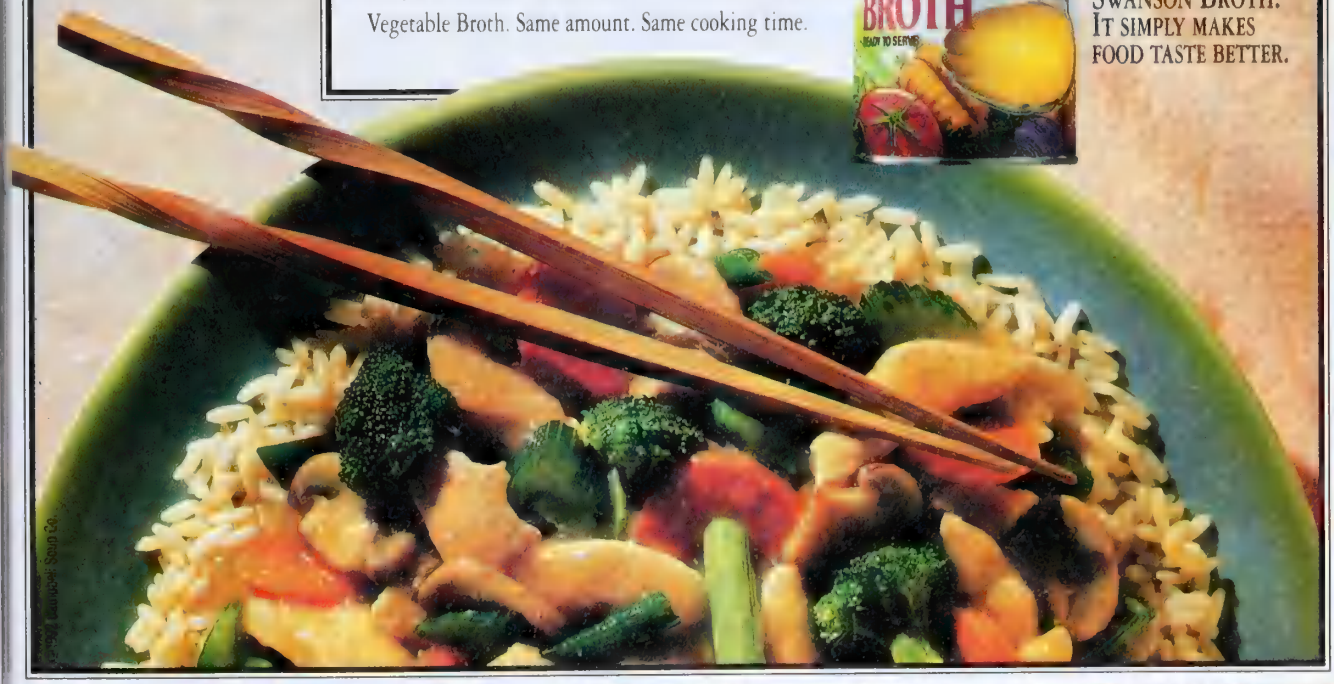
2 tbsp. cornstarch
1/4 tsp. ground ginger
1 can (14 1/2 oz.) Swanson® Vegetable Broth
1 tbsp. soy sauce
3 tbsp. vegetable oil
1 lb. skinless, boneless chicken, cut into strips
5 cups cut-up fresh vegetables (broccoli, mushrooms, carrots, celery, green onions)
1 clove garlic, minced

1. Stir together cornstarch, ginger, broth and soy until smooth; set aside.
2. In skillet, in *2 tbsp.* hot oil, stir-fry *half* of the chicken until browned. Remove; set aside. Repeat with remaining chicken.
3. In skillet, in remaining *1 tbsp.* hot oil, stir-fry vegetables with garlic until tender-crisp.
4. Reduce heat to medium. Stir in reserved chicken and broth mixture. Cook until mixture boils and thickens, stirring constantly. Serve over rice. 4 servings.

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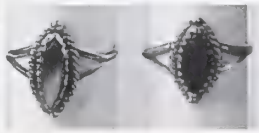


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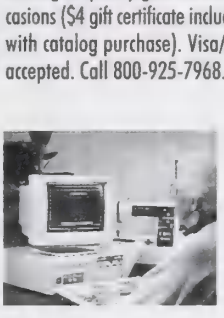
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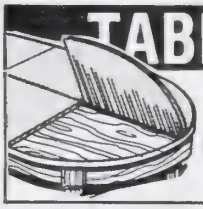


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A guide to the benefits—and hazards—of our favorite drinks

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BY ROBERT BARNETT



ALCOHOL The way Americans link drinking and good times isn't cause for celebration—in excess, alcohol can contribute to cancer, heart and liver disease, injuries and deaths due to accidents.

In light of all this potential for disaster, it's ironic that mortality statistics show people who drink *moderately* live longer than heavy drinkers or abstainers. A drink or two a day lowers the risk of heart attacks by about 40 percent, says Harvard School of Public Health epidemiologist Malcolm McClure, Ph.D., who analyzed over forty major health studies.

Additionally, a recent study of 128 postmenopausal women at the University of Pittsburgh found that those women who had about five drinks a week had levels of estrogen (the hormone that slows bone loss and protects against heart disease) that were 60 percent higher than in abstainers. The downside: A Harvard study indicates that women who indulge in three to nine drinks a week have a slightly higher risk for breast cancer.

JUICE Despite the recent hype, there's no scientific proof that it can cure diseases such as cancer. But juice can help you squeeze in some of the five servings of fruits and vegetables nutritionists urge us to eat daily.

Another bonus: Leroy Creasy, Ph.D., a professor at the New York State College of Agriculture and Life Sciences at Cornell University, in Ithaca, New York, recently found that resveratrol, a substance in red wine that lowers cholesterol levels, is also abundant in purple grape juice.

Unlike whole fruits and vegetables, juice lacks fiber—it gets separated out as pulp. Also, since pure fruit juices are already high in sugar, avoid buying products with added sweeteners like high-fructose corn syrup. Watch out, too, for vegetable juices loaded with sodium; choose the reduced-salt varieties.

COFFEE It's easier to relax and enjoy a cup, since a new analysis of studies published between 1966 and 1991 shows no link with heart disease, says Martin G. Myers, M.D., of the University of Toronto.

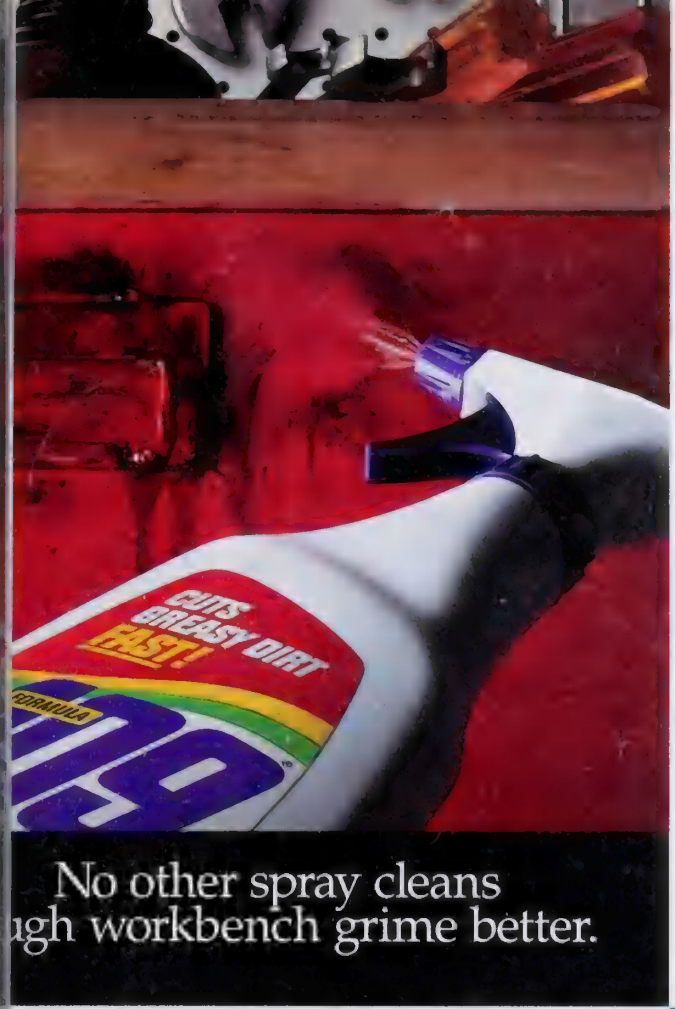
In fact, caffeine is one of America's most effective nonprescription drugs; it increases levels of brain chemicals that boost alertness and lift mood. It's easy to get hooked, though. Researchers at Johns Hopkins, in Baltimore, found that people who drink as little as one cup a day can get severe caffeine withdrawal if they're deprived of their daily grind.

TEA Safe as can be. According to preliminary reports, substances in tea, called polyphenols, "inhibit the action of carcinogens in food and tobacco dramatically and may protect against heart disease," says John Weisburger, M.D., Ph.D., of the American Health Foundation, a nonprofit research center in Valhalla, New York. Other elements in tea may prevent tooth decay.

Green tea is especially abundant in polyphenols (oolong and black tea contain lesser amounts), as are herbal teas such as raspberry, peppermint, and ginseng. To get polyphenol-rich tea, however, it must be brewed for at least five minutes.

A nice "cuppa" may also help you recover from a cold. The tannins in tea help fight both bacteria and viruses. If nothing else, the soothing home remedy makes you feel well cared for. ■

Robert Barnett is a food and health writer.



Journal Shopping Center

GUESS WHO? Pages 122-130 "Michelle Pfeiffer," all makeup by L'Oréal: Lightnesse Light Natural Makeup in Creme Ivory; Mattique Conceal Oil-Control Cover-Up in Light; Hydra-Perfecte Loose Powder in Transparent; Visuelle Powder Blush in Cameo; Creme Riche Longwearing Lipcolour in Hushed Rose; Soft Effects Eyecolour in Blush; Voluminous Mascara in Brown-Black; Lineur Intense in Brown; Le Grand Kohl Eye Pencil in Cafe; Colour Riche Nail Enamel in French Tip White and Sheer Buff. **"Connie Chung," all makeup by Cover Girl:** MoistureWear Liquid Make Up in Bisque; MoistureWear Moisturizing Light Concealer; MoistureWear Perfecting Pressed Powder in Bisque; MoistureWear All-Day Blush in Morning Glow; Remarkable Lipcolor in Scandalous Scarlet; Professional ColorMatch Four-Kit Shadow in Soft Focus; Liquid Pencil in Black; Pro ColorMatch Brow Enhancer in Midnight Black; Long 'n Lush Mascara in Lush Black; NailSlicks in Classic Red. **"Sharon Stone," all makeup by Classic Revlon:** Fashion Tech Waterproof Lip Shaper in Browntones; Super Lustrous Lipstick in Cocoa Wine; Custom Eyes Duo in Winery; Fashion Tech Waterproof Eye Shaper in Mink; Fabulash Mascara in Soft Black; Natural Brows Color and Style System in Light Brown; New Complexion Makeup in Ivory Beige; New Complexion Concealer in Light; New Complexion Pressed Powder in Light; New Complexion Blush-On in Cocoa Wine; Revlon Sheer Cream Nail Enamel in Naked Ivory. **"Fergie," all makeup by Avon:** Advanced Foundation Enhancing Liquid in Almond Beige; Advanced Foundation Concealing Stick in Light; Translucent Face Powder in Light Medium; Natural Radiance Blush Powder in Sunset Poppy; Color Release Lipstick in Enduring Sable; Luxury Lip Lining Pencil in Brandy; Silk Finish Eyeshadows in True Taupe and Honey Brown; Cake Eyeliner in Brown; Lots O'Lash Mascara in Brown/Black; Glimmersticks for Brows in Tawny. **"Goldie Hawn," all makeup by Maybelline:** Moisture Whip Liquid Make-up in Light Ivory; Undetectable Creme Concealer in Light; Moisture Whip Loose Powder in Translucent Light; Brush/Blush in Pink Chiffon; Revitalizing Color Eye Shadow in Indian Summer; Expert Eyes Lashes-Flair; Turning Point Eyeliner in Black; Precision Lip Liner in Mocha; Moisture Whip Lipstick in Windsor Rose; Ultra Brow Brush-on Brow Color in Light Brown. **"Roseanne," all makeup by Max Factor:** Color and Light Makeup in Natural Honey (Cool 1); Erase Secret Cover-up in Fair; Powder Pure Loose Powder in Translucent Light; Suntouched Blush in Sunlit Mauve; Visual Eyes Eyeshadow Quartet in Raisin; Featherblend Kohliner in Black Tie; Brush & Brow Eyebrow Color in Soft Black; 2000 Calorie Mascara in Blackest Licorice; Lip Liner/Lip Definer in Red Amber; Moisture Rich Lipstick in Red Impact; Diamond Hard Sheer Nail Enamel in Pink Tease. **"Elizabeth Taylor," all makeup by Chanel:** Perfecting Powder in Dusk;Liquid Makeup in Tawny Beige; Corrective Concealer in Light; Powder Blush in Plum Haze; Creme Lipstick in Laser Pink; Precision Lip Definer in Magenta; Professional Eyeliner in Black; Precision Brow Definer in Soft Black; Instant Lash Mascara in Black Black; Quadra Eye Shadow in Les Imaginaires (Berry/Vanilla/Marron/Lilac). **CHRISTMAS WONDERLAND Pages 133-141** Flowers, Thornhill Flower and Garden shop, Salisbury, CT, 203-435-2348; Santa, candlesticks, gift bag, Garlande Limited, Salisbury, CT, 203-435-0128; Country French oak dining-room set, The Lynn Hollyn Store, 520 Madison Avenue, NYC, 212-319-0520; porcelain basket, the Creme de la Creme Collection by Porta, Piscataway, NJ, 908-819-7700; Chair and a Half, the Estates Collection by Drexel Heritage, Drexel, NC, 704-433-3000; "Ivy Cottage Wreath," The Lynn Hollyn Store; wrought-iron table and occasional chair, the Estate Collection by Drexel Heritage; foliage rug, Saxony Carpets, 979 Third Avenue, NYC, 212-755-7100; bear, Maureen Erickson, Salisbury, CT, 203-435-2137; Cremeware charger by Porta; paisley shawl and Crespo Lino napkins, Anichini, Tunbridge, VT, 802-889-9430; Tessa faience teapot and candlestick on mantel, from Porta; candlesticks on the table with frames, Garlande Limited Frames, The Lynn Hollyn Store. **PARTY PERFECT Pages 134-141** Platter, Linda Sylvester, plates, Vincente Wolf, and candlesticks, LS Collection, 765 Madison Avenue, NYC 10021. Glassware, "Cholet," Christian Dior. **A TOAST TO THE ROAST Page 145** China, "Paladio," Christian Dior. Glassware, Simon Pearce, 385 Bleecker Street, NYC 10014.

HJ/Hilton BounceBack Vacation Contest rules

ntinued from page 58

purchase necessary.)

o enter, send a five-hundred-word story, typed and double-spaced, describing a recent dship your family faced and how you overcame it, and a recent family photo, and your e, address, daytime and home phone numbers to The LHJ/Hilton BounceBack Vacation test, 3511 West Sixth Street, Suite 12, Los Angeles, CA 90020.

ne entry per family. Entries must be received by December 31, 1992. *Ladies' Home Journal* Hilton Hotels are not responsible for late, lost, incomplete or misdirected entries. Winners be notified by mail. The prize awarded in any prize notification letter returned as undeliver- or not responded to within seven days shall be awarded to an alternate winner.

ntrants must be residents of the United States, except employees and their families of the edith Corporation and of Hilton Hotels and their agents, affiliates and subsidiaries.

ntries must be original and not previously published.

ll entries and materials submitted become the property of *LHJ* and Hilton Hotels and will be returned or acknowledged. All rights, title and interest, including copyrights and publi- on rights to stories, belong to *LHJ*. *LHJ* also has the right to run an article, including pic- s of the family, on the winners. *LHJ* reserves the right to edit, adjust, modify, abridge, dense and excerpt stories.

ntries will be judged on content, clarity of expression, originality, interest to our readers reader appeal on or about March 1, 1993. Judging will be conducted by staff members *adies' Home Journal* and representatives of Hilton Hotels. The decisions of the judges are l.

Hilton Hotels shall award prizes of family vacations to five winning families of up to four mbers. Each prize consists of a one-week (six nights) stay at one of five Hilton resorts in U.S.—the Fontainebleau Hilton in Miami, the Pointe Hilton Resort in Phoenix, Hilton Walt ney World in Orlando, the San Francisco Hilton Towers or the Anaheim Hilton at Disney- d in California—and includes continental breakfast. Airfare from the nearest major airport be provided by United Airlines; airfare from the continental U.S. only. Car rentals will be vided by National InterRent. All other expenses relating to the trip—including all lunches dinners—must be paid by the winners. The trip must be taken by December 30, 1993. dates subject to availability and require at least 30 days advance notification. One prize family. Prizes are not exchangeable or transferable. No substitutions of prizes except at discretion of *LHJ*.

ntry constitutes permission to use winners' entry, story, and name and likeness and pho- aph of winner and family for editorial, public relations, promotional and advertising pur- es by *LHJ* and Hilton Hotels. Winners will be required to sign an Affidavit of Eligibility and elease of Liability within ten days of notification.

ubject to all federal, state and local laws and regulations. Void where prohibited. Applica- taxes are the sole responsibility of the winners.

For a list of prize winners (available after April 1, 1993), send a separate, self-addressed, stamped elope to LHJ/Hilton BounceBack Vacation Winners, 100 Park Avenue, New York, NY 10017.



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